[Comparison and evaluation of conservative and surgical therapeutic possibilities in osteochondrosis dissecans of the knee joint]

R Venbrocks, K J Münzenberg & Johannes Von Kempis

We reported about a follow-up study on 24 adolescent and 11 adult patients with osteochondritis dissecans of the knee-joint. 16 patients were treated conservatively and 19 operatively. During the conservative therapy the knee-joint was fixed in a plaster for two time-periods of 6 weeks each. Regarding the operative treatment the dissecat was either removed or refixed. The results of the operated patients were not as good as those of patients treated conservatively. The conservative therapy showed also better results for patients with a poor level before the therapy. The results of this follow-up study demonstrate, that the osteochondritis dissecans has to be treated by a conservative therapy consequently executed if the dissecat is not yet dissolved. An operation is only indicated in case of corpus liberum.

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