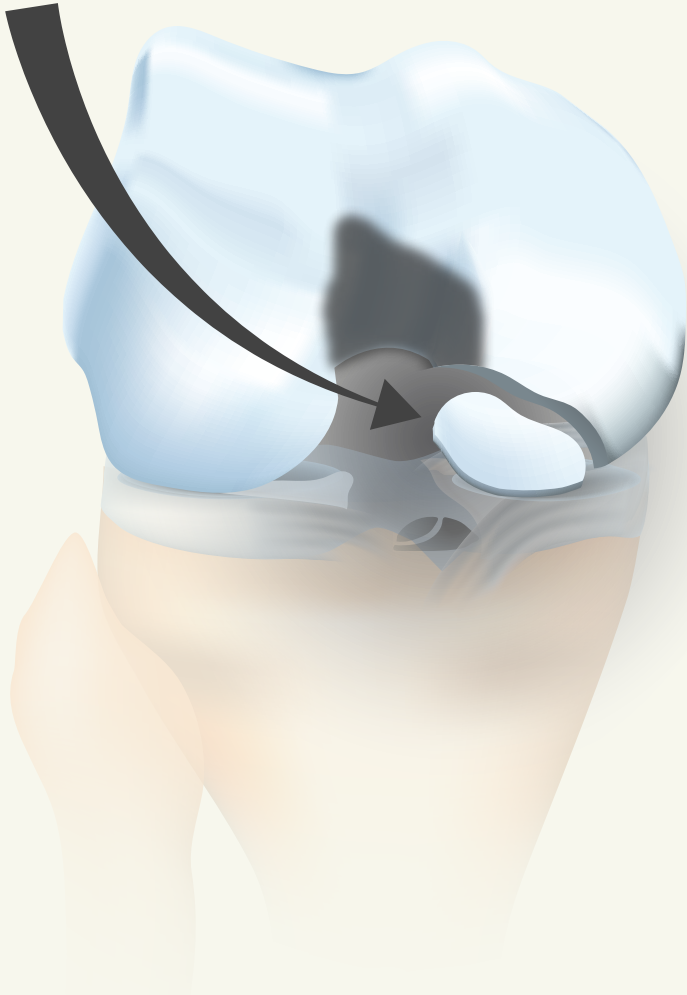


OSTEOCHONDRITIS DISSECANS (OCD)



Knee is the most common site

- Lateral femoral condyle: 15-20%
- Medial femoral condyle: 70-80%
- Patellofemoral: less than 5%

Risk factors

- Male sex (2x higher)
- Age 11-15 years
- Contralateral knee (15-40%)

Prognostic factors

- Open physis
- Lesion <2 cm²



NONOPERATIVE TREATMENT

- Limited weight bearing
- Avoid impact activity
- 3-6 months

SURGICAL INDICATIONS

- Unstable lesion
- Healthy subchondral bone
- Physis closed or impending closure
- Failed non-operative management

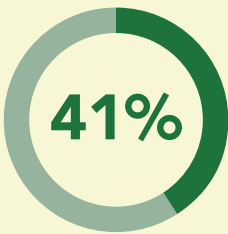


SURGICAL TREATMENT

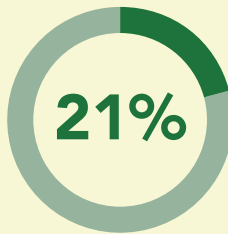
- Drill stable lesions- (intraarticular or retrograde)
- Curettage, reduction, and fixation +/- 2nd stage hardware removal
- Excise non viable lesions +/- cartilage restoration



Fixation success rates



Long term OA rates with excision



Long term OA rates with preservation