

KNEE CHONDROMALACIA

*Understand your injury.
Know your next steps.*

What is Chondromalacia?

The knee joint is composed of two main articulations (bearing surfaces). The largest articulation is the point at which the femur (thigh bone) and tibia (shin bone) come in contact. The smaller, but no less important, articulation is where the undersurface of the patella (kneecap) comes in contact with the femur. In a normal knee these surfaces are covered by healthy tissue called articular cartilage. In combination with synovial fluid produced inside the joint, the articular cartilage provides a smooth surface on which the bones can glide. Chondromalacia is a softening and subsequent roughening of these surfaces and results in a decrease of the bones' ability to move freely and without pain.

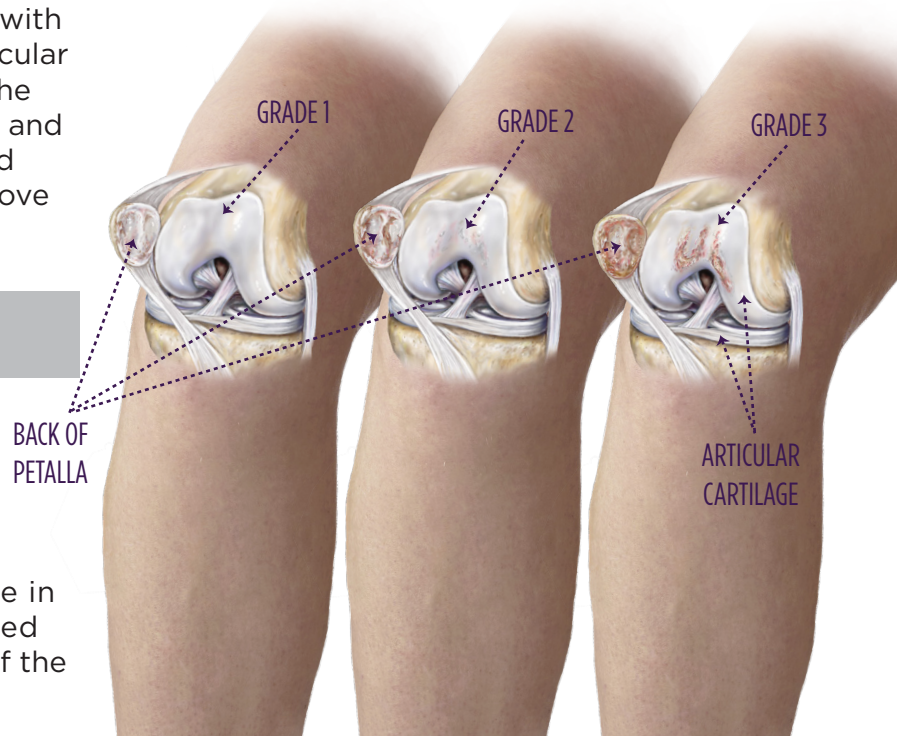
What are the symptoms?

- >> Swelling
- >> Clicking and grinding within the knee
- >> Pain that is aggravated by squatting, running and/or using the stairs

Symptoms for chondromalacia can be diverse in presentation and severity. The symptoms listed should only be thought of as a generalization of the symptoms associated with this disorder.

How does my specialist diagnose it?

A discussion of your symptoms, a physical examination, and X-rays are useful for a diagnosis. Your specialist may recommend having an MRI scan as well.



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What are the treatment options? What does my specialist recommend?

Your knee specialist has developed a treatment plan based on your specific situation. His or her recommendation, for you, has been selected from the treatment options below.

TREATMENT	DESCRIPTION	MY NEXT STEP
<input type="checkbox"/> ICE	Placing a bag of ice directly on the knee for twenty minutes prevents swelling and inflammation from occurring inside the knee	Contact us if symptoms do not improve (651) 968-5201
<input type="checkbox"/> ACTIVITY MODIFICATION	If certain activities aggravate your condition, you may need to discontinue those for a period of time.	Contact us if symptoms do not improve (651) 968-5201
<input type="checkbox"/> INJECTIONS	A cost effective alternative to surgery. A medication is injected directly into the joint in the specialist's office.	Set up injection appointment (651) 968-5201
<input type="checkbox"/> PHYSICAL THERAPY	A therapist can work with you to help you alleviate the symptoms and correct the abnormality causing this condition.	Set up a physical therapy appointment (651) 968-5600
<input type="checkbox"/> WELLNESS	Start with a free wellness consult to explore your goals and what tools are available to you.	Set up a wellness consultation: (651) 968-5766
<input type="checkbox"/> INTEGRATED PHYSICAL THERAPY AND WELLNESS	Our team of physical therapists, performance specialists, and registered dietitians works collaboratively with you in designing an integrated rehabilitation plan that will help you reach your full potential.	Set up an integrated consultation: (651) 968-5766
<input type="checkbox"/> SURGERY	If you fail to improve after non-surgical care, your doctor may wish to intervene surgically. Your specialist can discuss the details of the surgery with you should it become necessary.	Set up surgery appointment (651) 968-5201

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