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Meniscal transplant surgery- A realistic joint preservation option? A current review of literature

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Patients, who have previously undergone partial or total meniscectomies, are known to suffer with subsequent knee problems associated with degenerative changes in the knee. As the protective mechanism of the meniscus is lost, contact forces through the cartilage can increase by up to 350% and this predisposes to wearing out of the cartilage and pain in the knee. The association between osteoarthritis and meniscectomy is well established now. There are very few options available to efficiently manage this cohort of symptomatic patients until the degenerative process gets severe enough to warrant a total or partial joint replacement. In a young active patient, there is a push towards joint preservation surgery to improve function and pain. We are reporting the published results and outcomes following meniscal transplant surgery. An extensive literature search was performed and results analysed from peer reviewed publications including PubMed. Outcome data looking at improvement in pain, function and survivorship analyses were looked at. Current evidence suggests that meniscal allograft transplantation significantly reduces pain and improves function of the involved knee joint in medium and long term studies. Long term survival rates for the meniscal allografts are approximately 70% at 10 years. On the basis of the satisfying clinical and radiological results, meniscal transplant surgery is a feasible, safe and reliable procedure to treat meniscus deficient pain in the specific symptomatic cohort of patients described. Meniscal transplantation represents a potential biological and joint preservation treatment option for these meniscus deficient patients who have not yet developed advanced osteoarthritis.

Biography

Fahad G Attar is an Orthopaedic consultant surgeon, specialising in lower limb arthroplasty and knee reconstruction surgery and is based at St Helens & Knowsley teaching hospitals NHS trust in UK. He achieved his Bachelor of Medicine & Surgery degree (MBChB) from the University of Liverpool in 1999. He successfully completed his Orthopaedic training in the UK and is fellowship trained from Canada. His surgical experience and expertise is in joint preservation surgery and managing young patients with knee arthritis. He is involved in various ongoing research and this has culminated in peer reviewed publications and numerous presentations worldwide.

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