

Autologous Matrix-Induced Chondrogenesis and Bone Marrow Aspirate Concentrate compared with Microfracture for arthroscopic treatment of femoroacetabular impingement and chondral lesions of the hip; Bridging the Osteo-arthritis gap and facilitating enhanced recovery

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Abstract: In an attempt to bridge the osteo-arthrosis gap, this study compared biological reconstruction with traditional microfracture techniques in patients with femoro-acetabular impingement and focal cartilage defects. Cohorts of two groups were investigated as an age, gender and Tonnis grade matched comparison for outcomes between microfracture and newer biological reconstruction techniques for joint preservation hip arthroscopy using Autologous Matrix-Induced surgery Chondrogenesis and Bone Marrow Aspirate combination. Outcomes investigated were pre-op and post-op average iHOT-12 scores up to 18 months after surgery and a Kaplan-meier survivorship analysis was also carried out.

Of 111 patients, 46 patients underwent microfracture and 65 biological reconstruction hip arthroscopy as well as cam/pincer osteoplasty and labral repair surgery. Age range was 20-69, average age 45 years for both groups, Tonnis grading was as follows: Grade 0: 26% vs 30%, Grade 1: 52% vs 47% and Grade 2: 22% vs 23% in microfracture and biological reconstruction groups, respectively. The average post-operative iHOT-12 score differences between microfracture and biological reconstruction were significant at 1-year minimum follow-up. Biological reconstruction allowed for an enhanced recovery protocol.

Biography: Mr Rishi Chana is a skilled consultant **trauma and orthopaedic surgeon** based in **London** and the surrounding area. He specialises in lower limb surgery particularly surgery of the hip and knee. He is an expert in performing arthroscopy of both the hip and knee, joint preservation surgery, hip and knee replacements, and is a certified to perform the world's most accurate hip and knee surgery.



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8th International Conference on Physiotherapy & Physical Rehabilitation, Bangkok, Thailand, August 10-11, 2020

Abstract Citation: Dr.Rishi Chana, Autologous Matrix-Induced Chondrogenesis and Bone Marrow Aspirate Concentrate compared with Microfracture for arthroscopic treatment of femoroacetabular impingement and chondral lesions of the hip; Bridging the Osteo-arthritis gap and facilitating enhanced recovery PHYSIOTHERAPY 2020, Bangkok, Thailand, August 10-11, 2020, pp: 0-1