



LYON**ORTHO**CLINIC

Chondral Flap Preservation With Sub-chondral Bone Abrasion

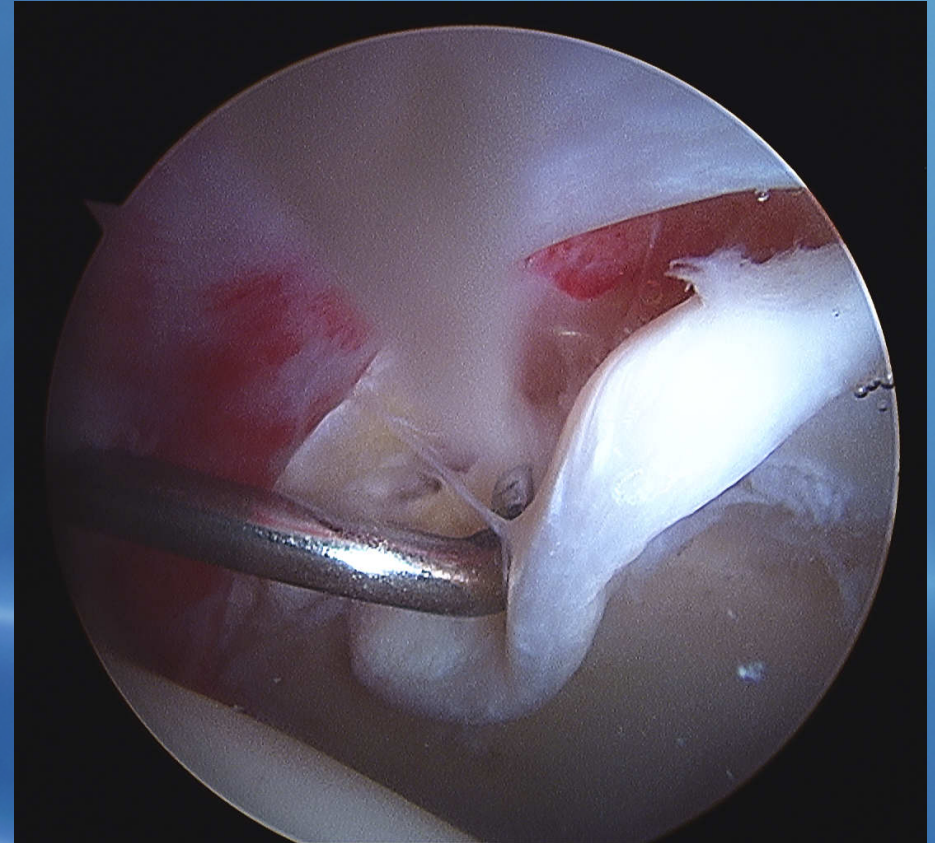
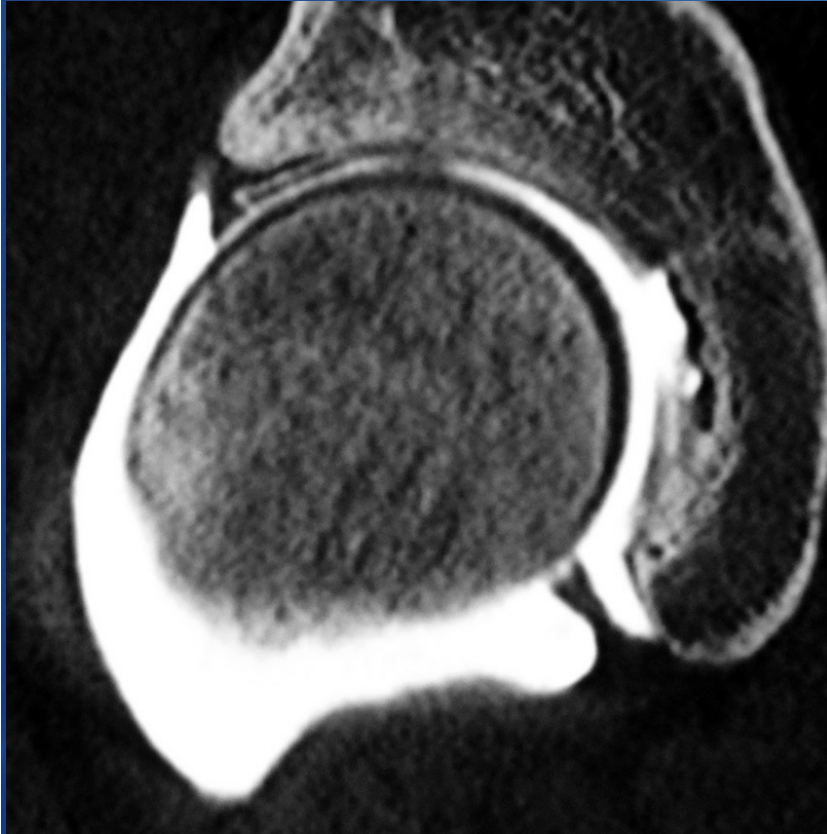
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**Lyon-Ortho-Clinic*

***Sporéa médecine du sport Lyon Gerland*

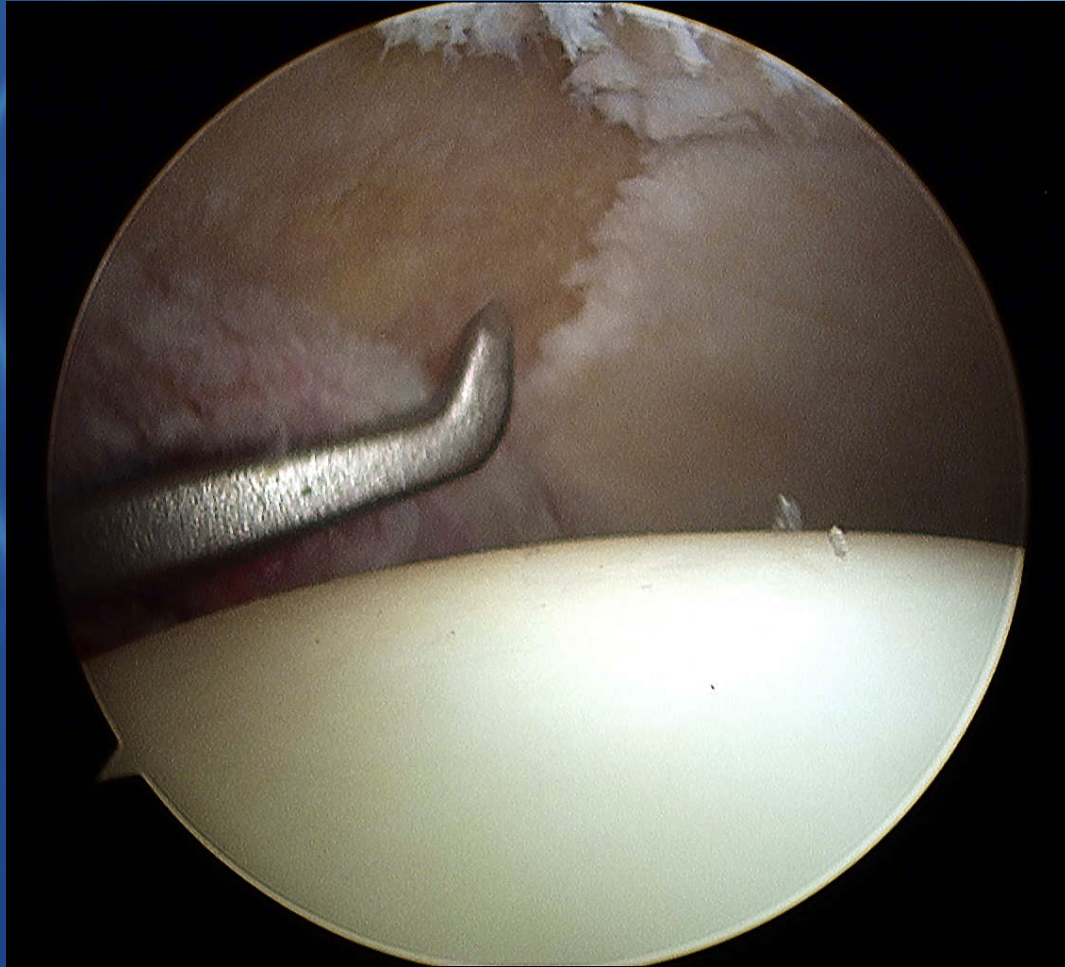
Without benefit for any of the authors for the presentation submitted

What to do ?



Chondral Flap

What to do ?



Take it Off !

Microfracture



But Long Rehabilitation!!

What to do ?



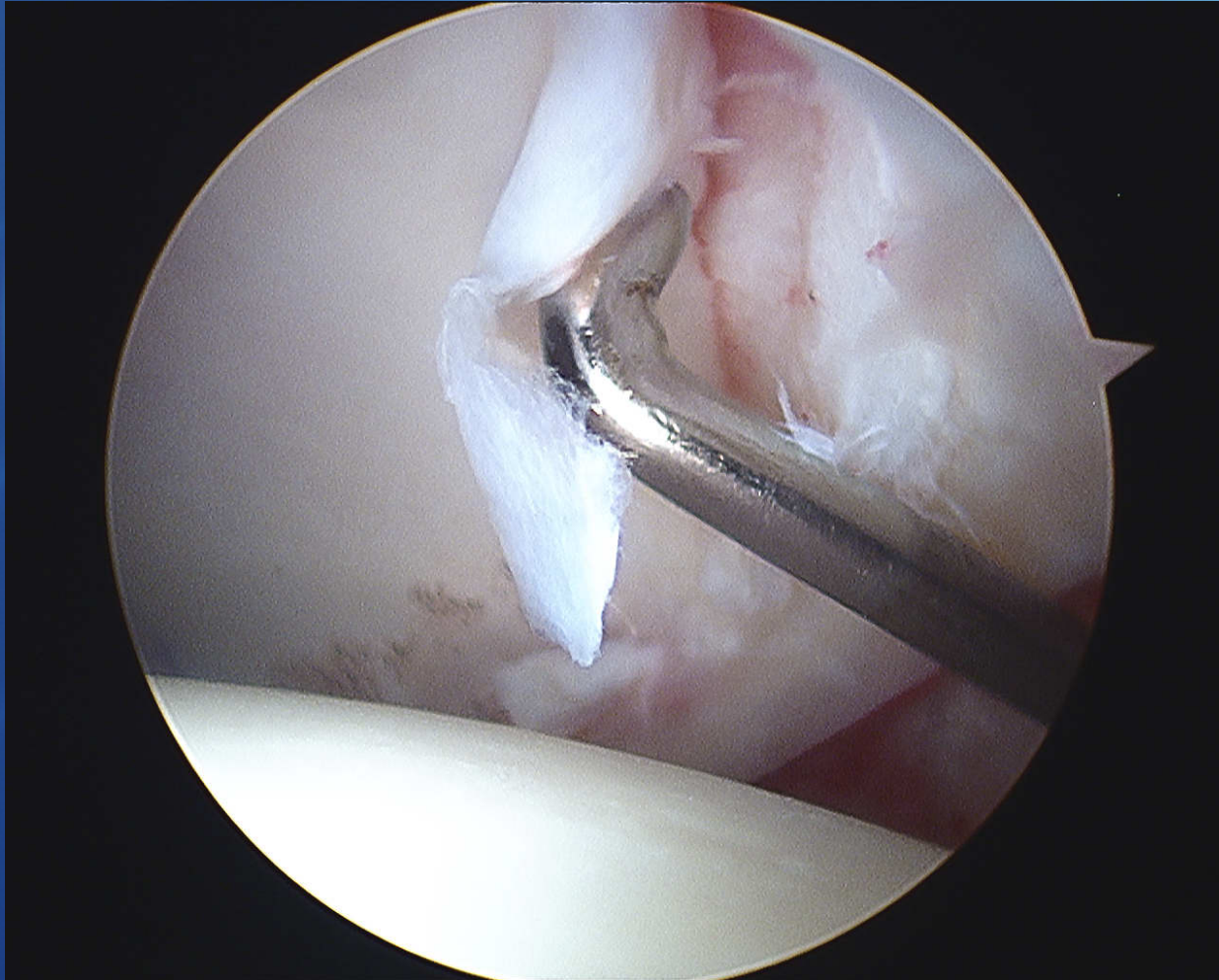
Glue It !

What to do ?



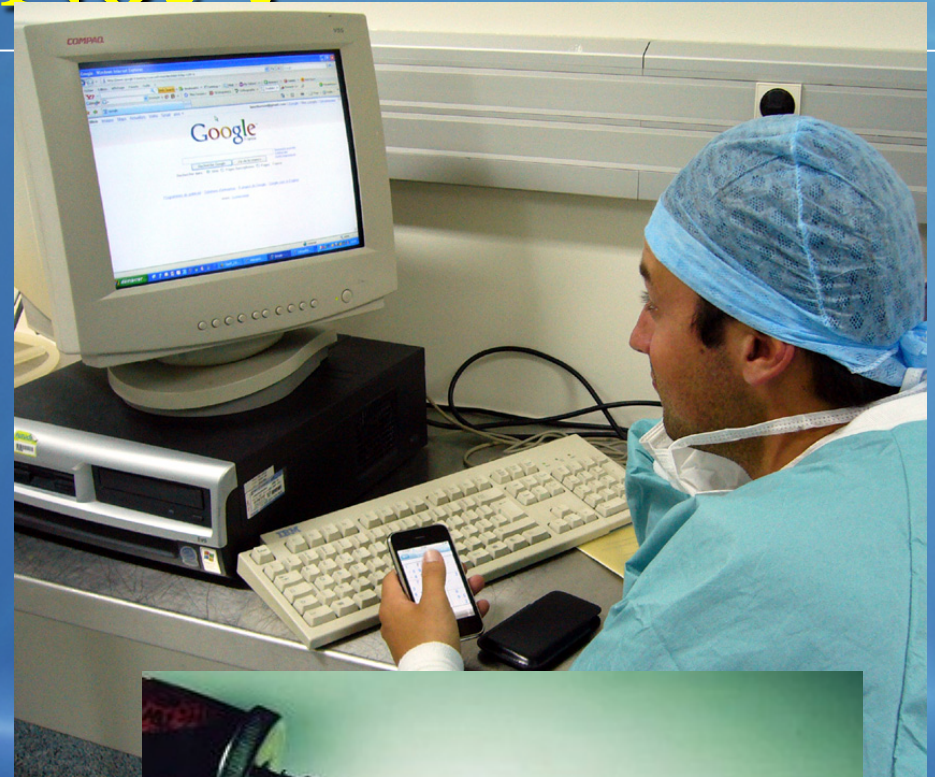
But Water and Difficult ?

What to do ?



Just Leave It Alone ?

Why Not ?



Blood Patch

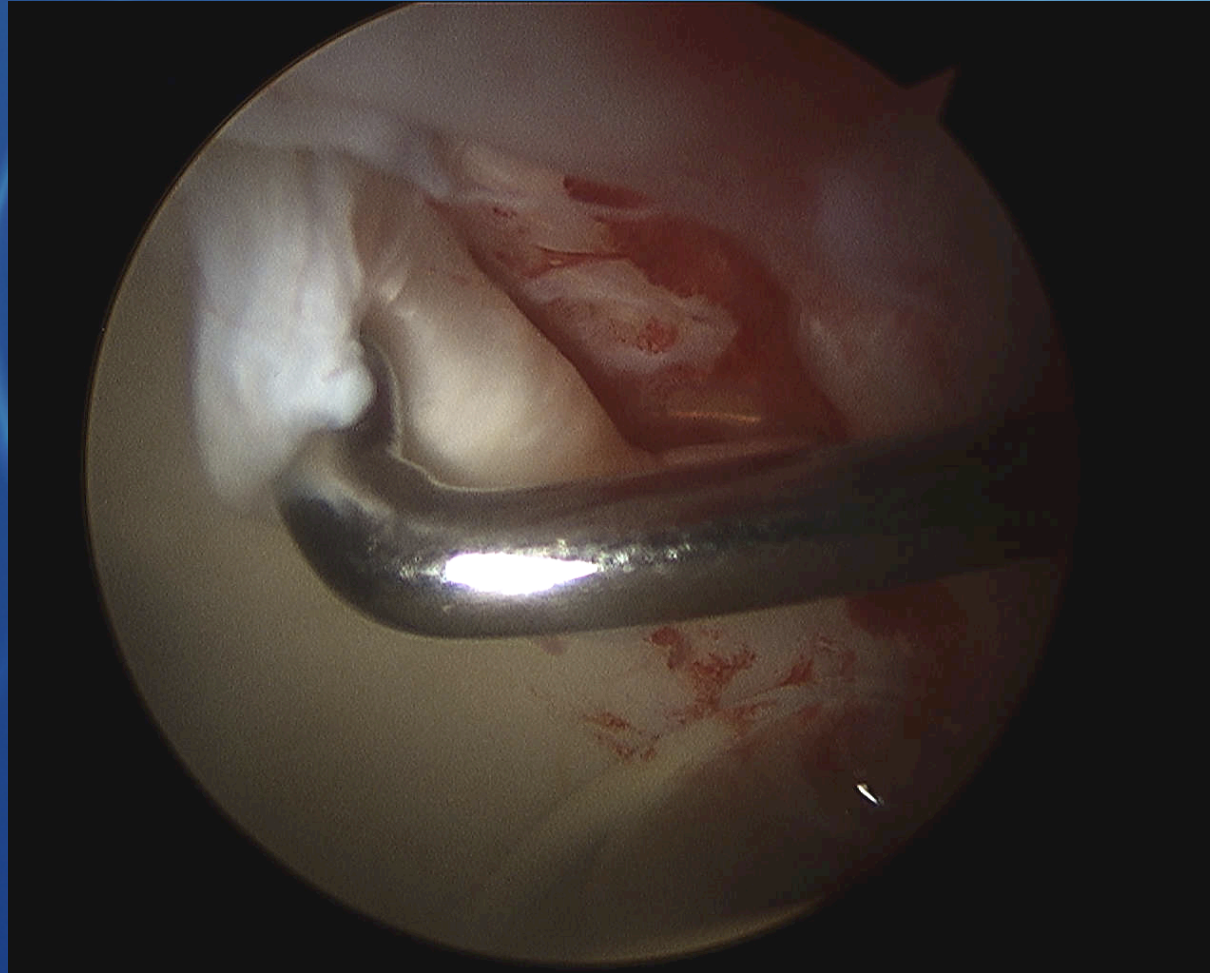
70-95%
Good Results

Why Not ?



Blood Glue

How to perform ?



Subchondral Bone Abrasion

How to perform ?



Under Flap Microfracture

Rehabilitation



**Standard Rehab with
Full Weight Bearing @ 10 days**

Does it Work ?

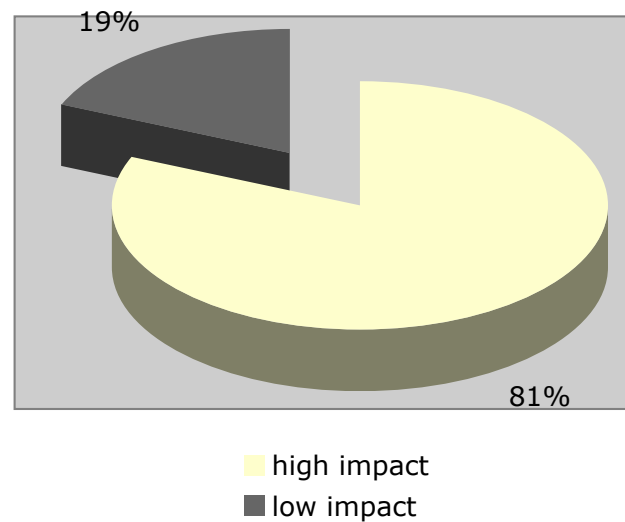
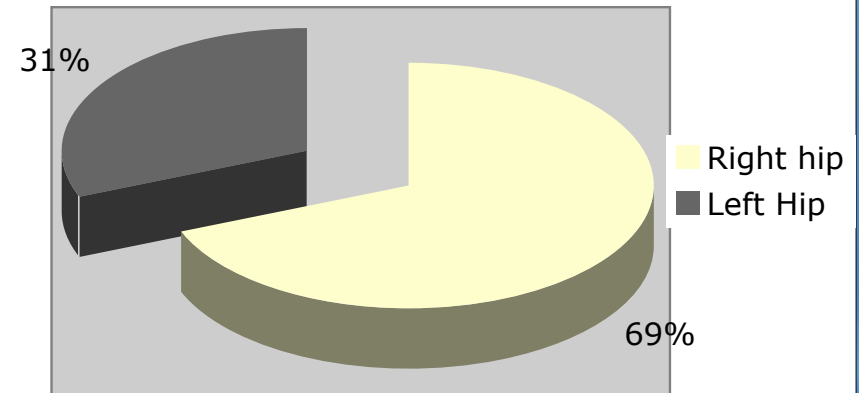
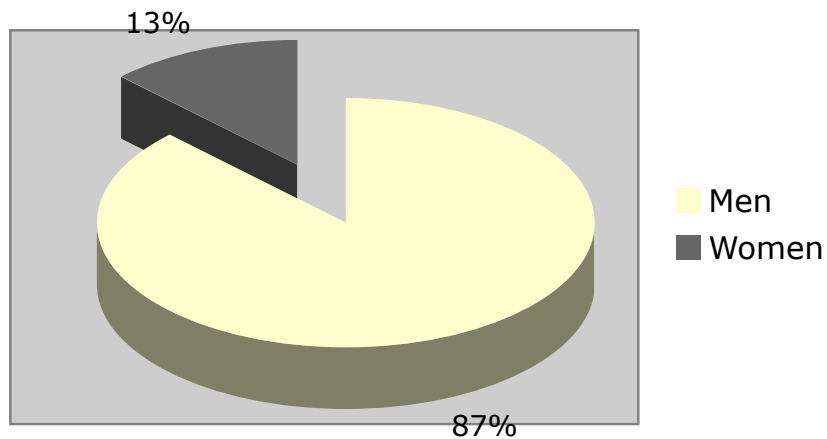
From Dec '08 to April '11
16 Chondral Flap Preservation
/ 91 Hip Arthroscopy FAI
(18%)

Preop - postop Xrays
Preop - Revision NHAS / Womac Score
Satisfaction Scale
Return to Sport ?

Prospective continuous study

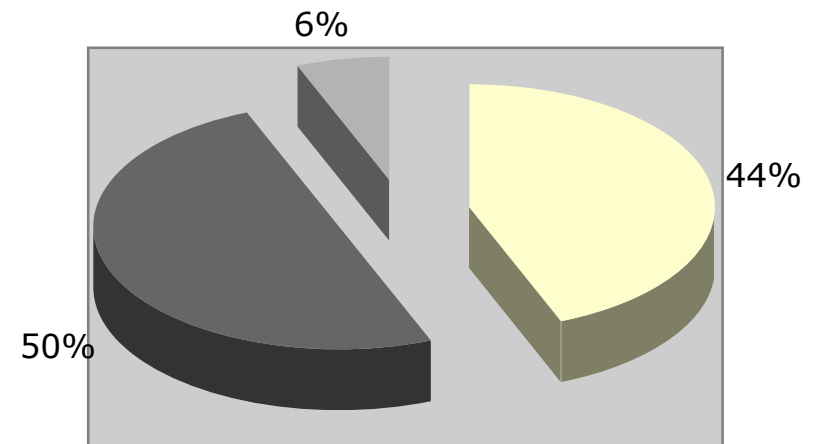
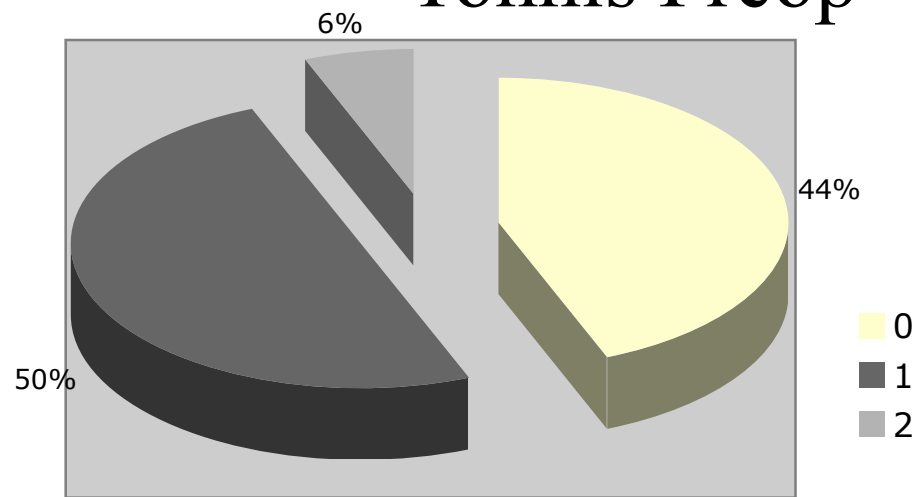
Prospective Continuous Serie

Mean Age = 28 ys (18-52)



X-rays

Tonnis Preop

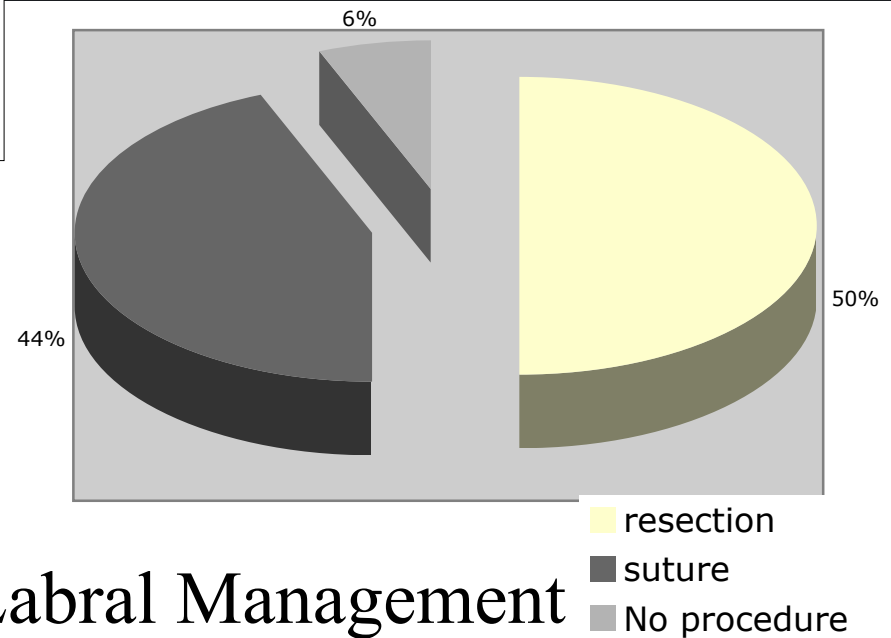
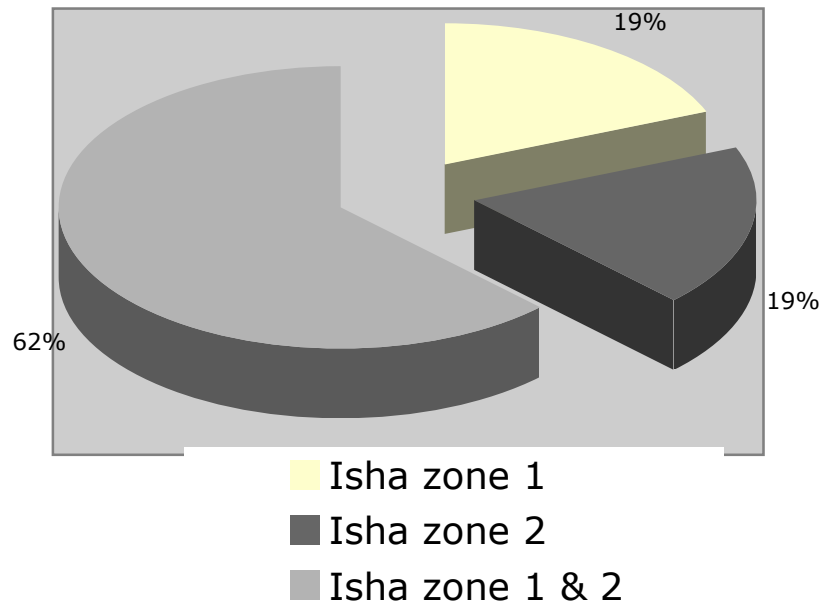


FAI

- Cam effect
- Mixt effect
- Pincer effect

Surgical Findings

Chondral Flap localisation

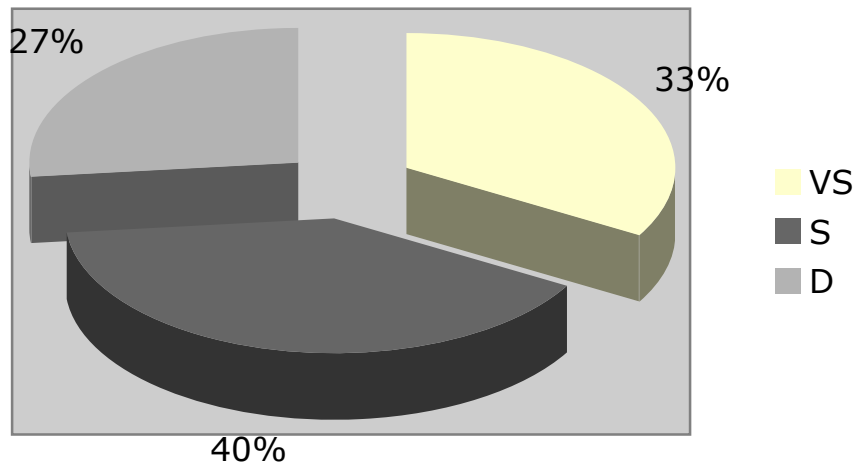
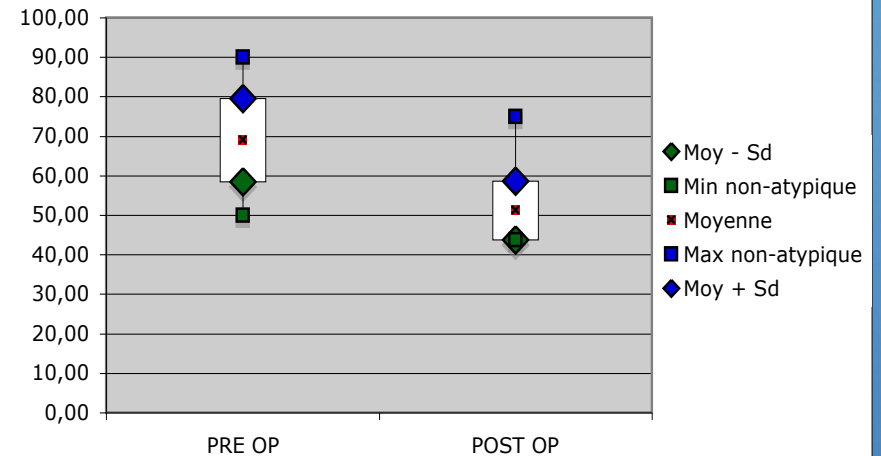


Labral Management

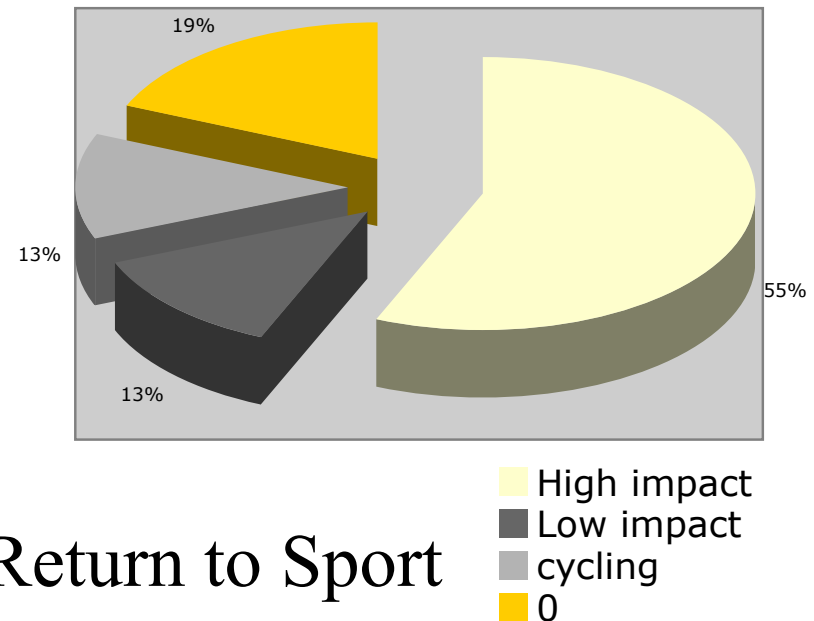
Results

- 100 % Evaluation Questionnaire F.U.
- Mean F.U.= 19 months (6 - 34)

Alpha Angle Correction $p < 0.01$



Satisfaction Scale = 73% VS-S



Return to Sport

Results

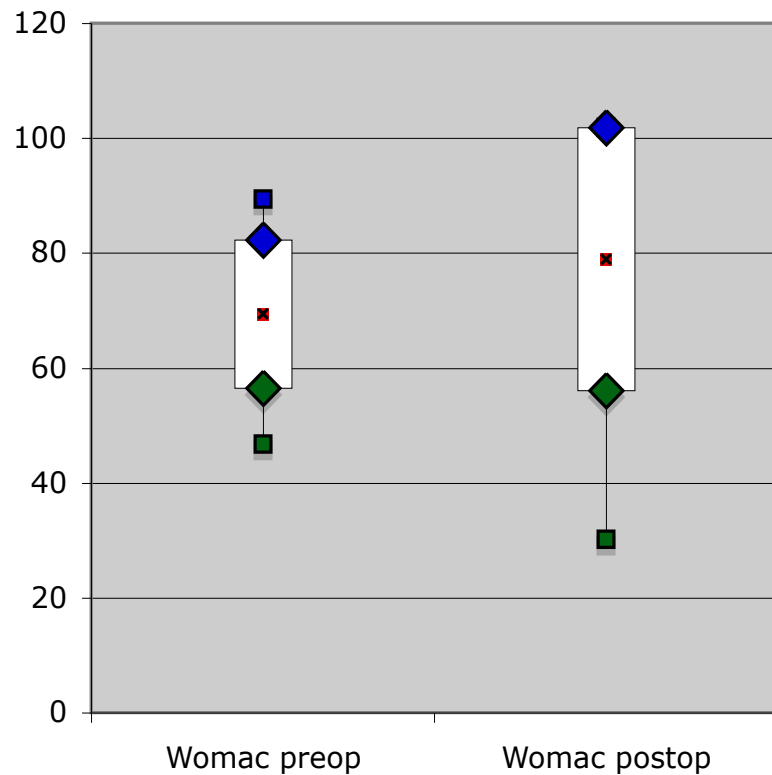
Womac : 69 (+/- 13) => 79 (+/- 23)

NS

NHAS : 59 (+/-14) => 74 (+/-25)

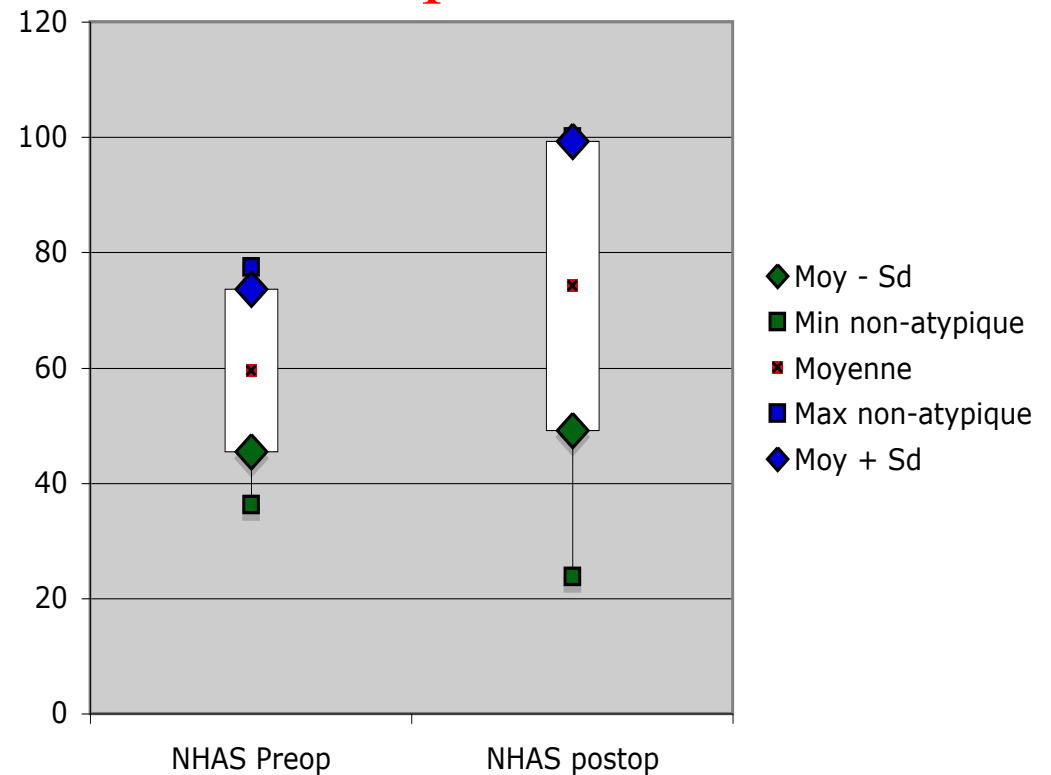
p<0.05

WOMAC

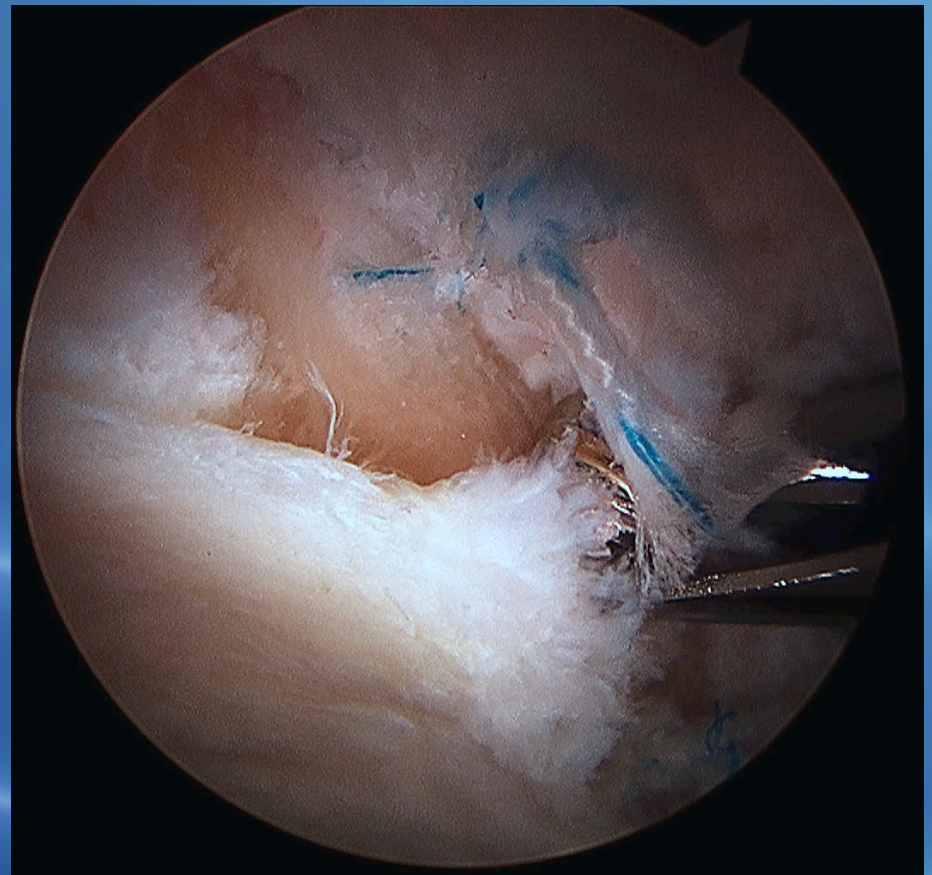
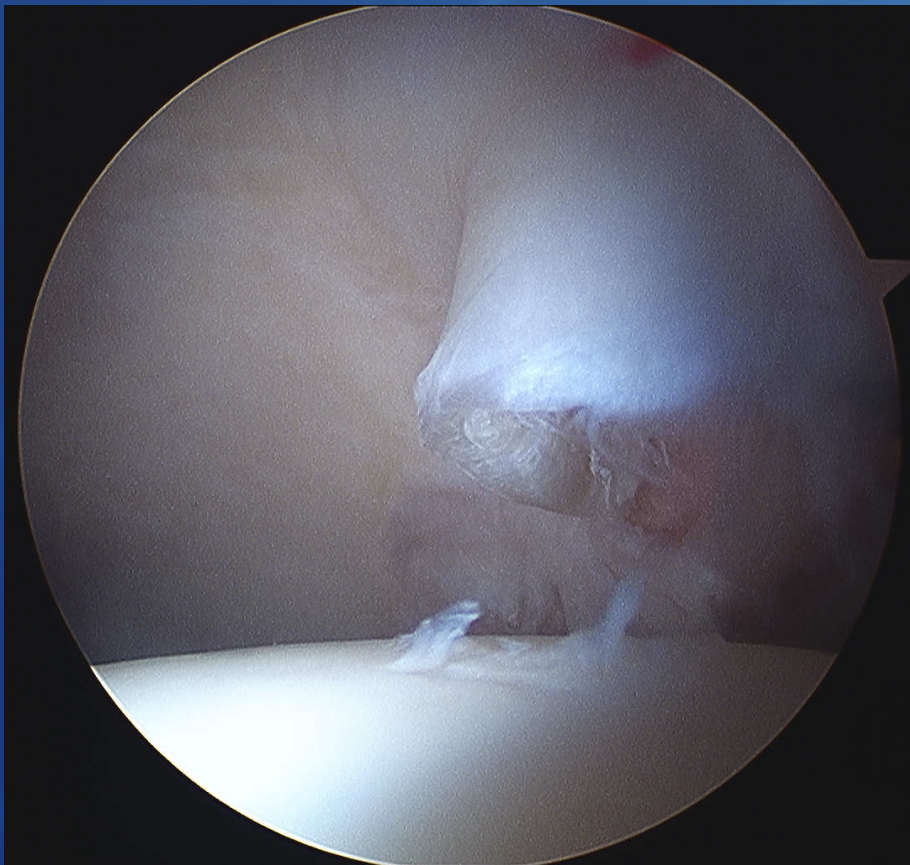


NHAS

p<0.05 (*wilcoxon test*)



Second Look (10 months)



Persistent Cam & Pincer

Conclusion

Mid & Long Term Results ?

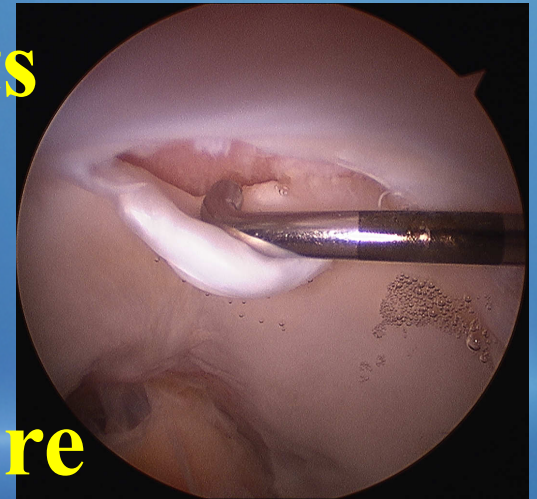
No Biopsie = Cartilage Still Alive ?

Encouraging Short Term Results

Simple Saving Technique

Standard Rehabilitation

No Secondary Surgery for Failure



Save the Cartilage

Thick & Stable Chondral Flap