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Some techniques in surgical treatment of osteoarthritis

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The first line of treatment for osteoarthritis is always conservative non-surgical treatment. However, if conservative treatment does not relieve pain and improve function, surgery is indicated. The purpose of surgical treatment for osteoarthritis is to reduce pain, increase function, and improve overall symptoms. Surgical treatment options include arthroscopy, osteotomy and arthroplasty. Using the miniature arthroscopic instruments, the surgeon can trim damaged cartilage, remove loose particles or debris from the joint (debridement), and clean the joint (lavage or irrigation). In people younger than 55 years, arthroscopic surgery may help delay the need for more serious surgery, such as a joint replacement. Osteotomy may be recommended if damage is primarily in one section (compartment) of the knee. The inside (medial) compartment, where the inner knob of the thighbone (femoral condyle) meets the top of the tibia, is most commonly involved. There will be a cosmetic difference between the surgically treated knee and the untreated knee. Arthroplasty is a joint replacement procedure. The results of total joint replacement are generally excellent. Patients experience significant pain relief and improved physical functioning. There are some risks to the surgery, and full rehabilitation may take 3 to 6 months. In addition, the prosthesis (artificial joint) may eventually loosen or wear out so that a second surgery is needed. However, at the 10-year mark, the success rate with most prostheses today is about 90%.

Biography

Abdul Nasser Kaadan, who was born in Syria, has been an orthopedic surgeon since 1986. He received his PhD in History of Medicine in 1993 from the High Institute for the History of Arabic Science of Aleppo University. The degree was the first of its kind granted to a physician in the Arab World. He is now an Assistant Professor and the chairman of History of Medicine Department – Institute for the History of Arabic Science, Aleppo University, Aleppo, Syria. He is the Founder and now the President of the International Society for the History of Islamic Medicine, and the Chief Editor of its journal which is published in English. Also, he is the Director of the editorial board of the Prominent Arab Physicians Encyclopedia.

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