

MEDICAL SPORT SHORTS- - - - AN OCCASIONAL NEWSLETTER..... # 3.

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Today let's learn about arthroscopic surgery for knees with osteoarthritis (degenerative arthritis). with 3 articles on arthritic **knees**. As you likely know, arthroscopic surgery involves using a tube to look inside the body to directly see what the problem looks like. Fixing, if possible, can be through the tube. Arthroscopy is commonly used for a painful knee with arthritis. It is suggested when the orthopedic surgeon says something like: "let's take a look to see what's going on, and clean it out." All 3 articles we are going to talk about are from the well-known journal: *The New England Journal of Medicine*.

A study in 2002 was about knee surgery for persons with osteoarthritis and pain in the knee. There were 180 patients involved. Half had arthroscopic surgery for arthritic painful knees. The other half had a sham surgery, in which an incision was made and sutured, but no actual surgery was done. No difference was found later at 2 years in those persons who had the regular surgery or those who had the sham surgery.

Recently another article looked at arthroscopic surgery for knee osteoarthritis. The authors were **unable** to demonstrate any difference, nor any improvement, for the 86 patients they operated on compared to those 86 who had no surgery.

In addition, an article was published about getting an MRI for the diagnosis of meniscal tears in osteoarthritic knees: in Middle-Aged and Elderly Persons. A very large group of 966 older persons: 60-90 years old, who lived in a Massachusetts community were included in this study. All were given x-rays and an MRI of the right knee. The results showed that a person with osteoarthritis AND painful knees has a 60% chance of a torn meniscus. This is the same percentage as in persons with osteoarthritis but NO pain.

Persons with painful knees but without any arthritis on x-ray were much more likely (43%) to have a meniscus tear.

So, arthroscopic surgery for a painful knee with arthritis may not be useful, according to these article.

****** call or e-mail us if you would like more information about these articles or the information in this newsletter.*******

PROLOTHERAPY: the sugar solution to heal pain in ligaments/joints/tendons. Dr. Abraham has 30 years of experience in Prolotherapy.

Prolotherapy is useful for:

Low back pain:
Arthritic Knees, to resolve pain,
To hold off Replacement knee surgery,
Rotator cuff or shoulder joint pain,
Tennis Elbow,
Knee MCL or almost any other ligament,
Achilles' Tendon sprains,
Chronic Headaches
(and more)

Dr. Abraham teaches locally and nationally on low back back, etc. As an expert on the British system of diagnosis of soft-tissue musculoskeletal problems. This system: ORTHOPEDIC MEDICINE, uses the office exam to find which specific tissues are torn or irritated, This exam can be very powerful and sensitive in finding the specific areas of injury.

An **MRI** may **not** see where the pain starts.
Where you feel pain may not be where it starts.

Dr. Abraham is happy to personally answer questions from current or possible new patients., whenever possible.