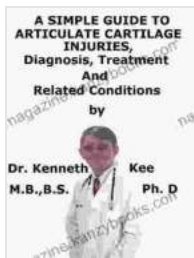


Simple Guide To Articulate Cartilage Injuries Diagnosis Treatment And Related

What are articulate cartilage injuries?

Articular cartilage is a smooth, white tissue that covers the ends of bones. It helps to reduce friction and wear and tear on the joints. Articular cartilage injuries can occur due to a variety of factors, including:



A Simple Guide To Articulate Cartilage Injuries, Diagnosis, Treatment And Related Conditions

by Kenneth Kee

★★★★☆ 4.5 out of 5

Language : English
File size : 441 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 75 pages
Lending : Enabled



- Trauma, such as a fall or sports injury
- Overuse, such as running or jumping on hard surfaces
- Aging
- Obesity
- Certain medical conditions, such as osteoarthritis

Symptoms of articulate cartilage injuries

The symptoms of articulate cartilage injuries can vary depending on the severity of the injury. Common symptoms include:

- Joint pain
- Swelling
- Stiffness
- Locking or catching of the joint
- Crepitus, or a grinding sensation in the joint

Diagnosis of articulate cartilage injuries

Articular cartilage injuries can be diagnosed through a physical examination and imaging tests. Imaging tests that may be used include:

- X-rays
- Magnetic resonance imaging (MRI)
- Computed tomography (CT) scan

Treatment of articulate cartilage injuries

The treatment of articulate cartilage injuries depends on the severity of the injury. Nonsurgical treatment options include:

- Rest
- Ice
- Compression
- Elevation

- Medications, such as pain relievers and anti-inflammatories
- Physical therapy

Surgical treatment options may be necessary for more severe articulate cartilage injuries. Surgical options include:

- Arthroscopy
- Debridement
- Cartilage grafting
- Osteochondral autograft transfer (OATS)
- Mosaicplasty
- Total joint replacement

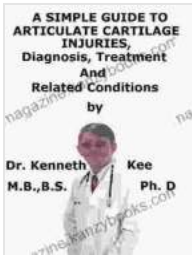
Related conditions

Articular cartilage injuries can be related to a number of other conditions, including:

- Osteoarthritis
- Rheumatoid arthritis
- Gout
- Septic arthritis
- Osteonecrosis

Articular cartilage injuries are a common problem that can affect people of all ages. The symptoms of articulate cartilage injuries can vary depending on the severity of

the injury. Treatment options for articulate cartilage injuries include nonsurgical and surgical options. The best treatment option for you will depend on the severity of your injury and your individual circumstances.



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