



CARTILAGE RESTORATION:

Why It's an Option for You

BIOLOGIC JOINT REPAIR

During your surgery you will be receiving donated human tissue. The ability to transplant tissue is truly a wonderful medical advance. It allows your joint function to be restored with tissue similar to what was originally there. If this tissue had not been available, your doctor would have had fewer treatment options for you.

IMPROVED QUALITY OF LIFE

Many Americans only have the option of joint restoration with metal and plastic materials, which may reduce mobility and ability to do the activities and sports you love. However, your surgeon has determined that you may be best treated with donated tissue. This may restore your joint function in a natural or biologic way, improving the quality of life you are used to.



FAQ

WHY IS CARTILAGE SO IMPORTANT?

Cartilage is a flexible connective tissue that covers the ends of the bones forming a joint and is very important to ensure normal joint motion. Cartilage allows our joints to move smoothly and allows us to walk, run, and function properly. Interestingly, cartilage has very limited ability to recover or heal when damaged. If left untreated, cartilage defects can lead to a condition called arthritis.

WHAT CAN CAUSE CARTILAGE DAMAGE?

There are many reasons cartilage damage can occur. Common causes are sudden or traumatic injuries, often from sports or other accidents. Even repetitive daily activities over time can wear on the cartilage surface. Many patients have pain and swelling at the time of injury, but others do not experience issues with joint pain for years after the original injury. Symptoms of cartilage damage range from pain and swelling to popping, clicking, or catching of the joint. Some patients may experience locking or instability as well.





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WHAT ARE THE OPTIONS FOR TREATMENT OF CARTILAGE DAMAGE?

Each patient has a unique set of reasons for the cause of their joint pain. Two common treatment options are:

- **Symptomatic mitigation treatment:** may involve minor cleanup, also known as debridement, of the cartilage to remove damaged tissue.
- **Restorative treatment:** involves replacing the damaged cartilage and underlying bone with a donor graft, which is called an osteochondral allograft.

WHAT IS CARTILAGE RESTORATION AND WHAT DOES THE PROCESS OF AN ALLOGRAFT INVOLVE?

The process of cartilage restoration with an osteochondral allograft can involve measuring the size of the damaged area of cartilage in your joint and matching it to a donor with healthy cartilage. Due to the complexities of recovering the donated tissue and ensuring an appropriate allograft is located for you, the process of matching a graft to a patient can take some time. Tissue allograft donors undergo extensive testing to ensure your safety. As osteochondral allografts are living tissues, this means once a graft is matched, the procedure must be performed within a short period of time.

ARE OSTEOCHONDRAL ALLOGRAFTS A SAFE AND SUCCESSFUL OPTION FOR CARTILAGE RESTORATION?

Yes, osteochondral allografts are a safe and effective option for cartilage restoration. The process of replacing cartilage with an osteochondral allograft has been used for many years. It is well adopted in modern medical practices and it is supported by extensive published research. Unlike organ transplants, patients are not required to take anti-rejection medication when receiving an osteochondral allograft. Tissue rejection is much less of a concern with bone and cartilage transplantation.

WHAT SHOULD I EXPECT AFTER CARTILAGE RESTORATION SURGERY WITH AN OSTEOCHONDRAL ALLOGRAFT?

The goal of the procedure is to allow the osteochondral allograft to incorporate into the surrounding tissue; this may lead to a slower rehabilitation program at first that may advance faster with time. Patients should expect a significant physical therapy plan to regain full motion and strength. Speak with your doctor to learn more about the anticipated time to return to work, sports, and activities of daily living.

THE PROCESS OF OSTEOCHONDRAL ALLOGRAFT (OCA) TRANSPLANTATION MADE SIMPLE

1. Your doctor decides that you are a candidate for an osteochondral allograft.



2. Your doctor sends your MRI or CT scan to a tissue provider to order an appropriately sized graft*. At the same time, your doctor's office will work on obtaining insurance approval.



3. You are placed on a waiting list until an appropriately sized allograft* becomes available.



4. The allograft for your surgery is provided through the gift of donation and matched specifically to you. Subsequently, ***your flexibility and availability for the selected date of surgery are of critical importance so the donated tissue is not wasted***. Let your surgeon know if there is a timeframe that works best for you to have the surgery.

* If your surgeon chooses Precut Fresh OCA Cores, matching is not required.

5. Your allograft undergoes strict testing for diseases to make sure it is safe and healthy.



6. Once a specific allograft is matched to you, your doctor will be contacted to confirm you are available for transplantation.



7. Surgery is scheduled to transplant your new allograft.



THE JRF ORTHO DIFFERENCE

At JRF Ortho, it's not enough to do it the same as the next guy. Our goal is to do one better by providing innovative solutions, the best products in the industry, and superior customer care.

We know that patients with musculoskeletal conditions are seeking to go further, or faster than they can presently. Like us, they are looking to go beyond today to what is possible tomorrow.

► **Our mission is to improve quality of life through innovative solutions for allograft joint repair.**

ADDITIONAL RESOURCES:

- Patient Resources: jrfortho.org/resources/patients
- Fresh Osteochondral Allografts: jrfortho.org/products/category/osteochondral-allografts



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