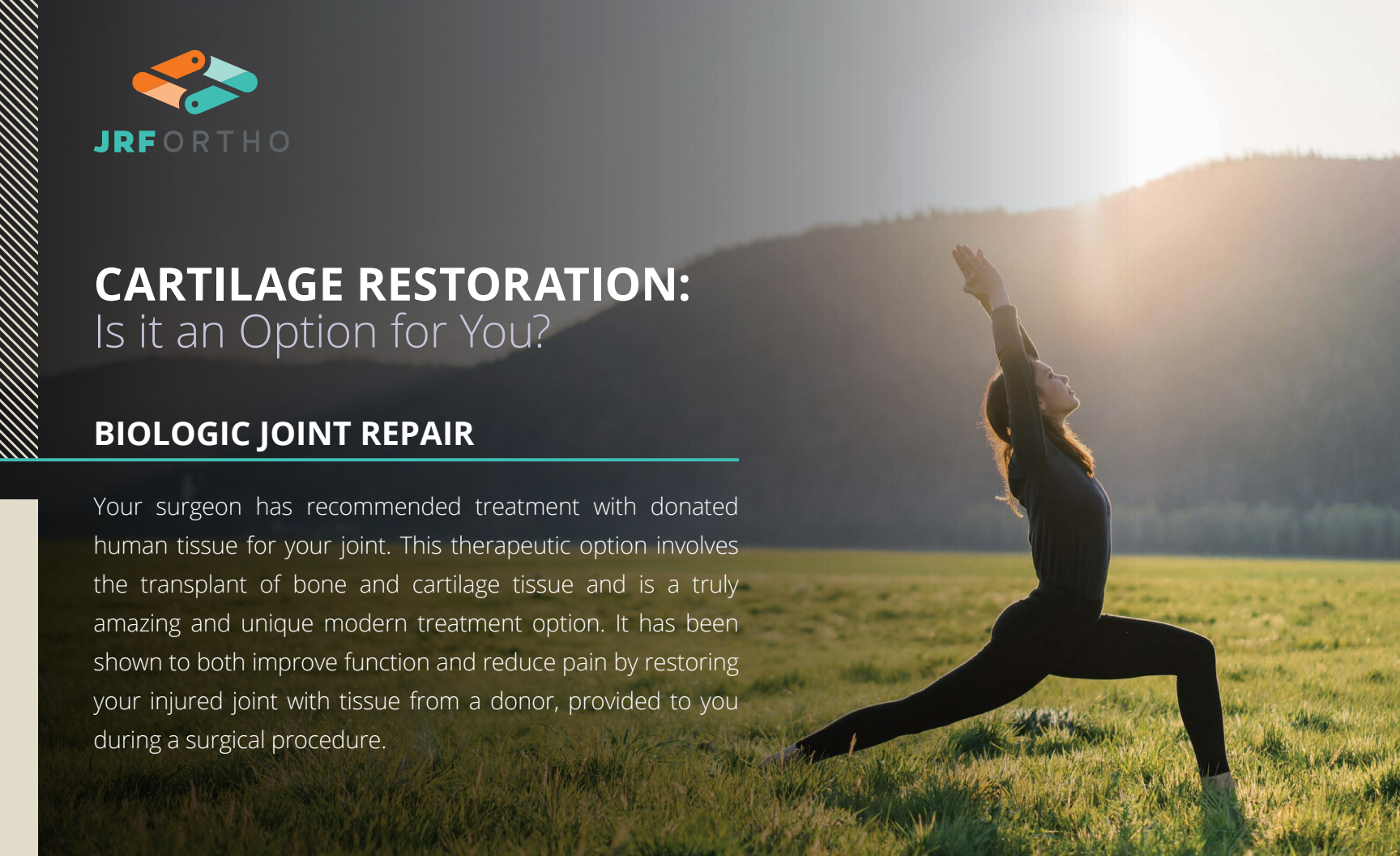
JRF ORTHO

CARTILAGE RESTORATION:
Is it an Option for You?

BIOLOGIC JOINT REPAIR

Your surgeon has recommended treatment with donated human tissue for your joint. This therapeutic option involves the transplant of bone and cartilage tissue and is a truly amazing and unique modern treatment option. It has been shown to both improve function and reduce pain by restoring your injured joint with tissue from a donor, provided to you during a surgical procedure.



IMPROVED QUALITY OF LIFE.

Historically, the option of joint restoration with synthetic materials (joint replacement or arthroplasty) has been available in the United States since the early 1970's. However, more modern treatments can restore the joint with natural biologic tissue and are more favorable for younger patients, or those without advanced arthritis. Your surgeon has determined that you are a candidate for biologic restoration with donated tissue. If you qualify, this will help you achieve the goals of restoring your joint anatomy biologically, without artificial replacement parts, potentially improving your health and quality of life.

WHY IS CARTILAGE SO IMPORTANT?

Cartilage is like the enamel coating on your teeth. Similar to the enamel which protects your teeth from cavities, cartilage protects bones from injury and degenerative/traumatic disease in your joints. When cartilage is damaged, joint disease can lead to pain and, importantly, limitations, which compromise health and functional capacity.

Normal cartilage coats the surface of joints and allows it to move smoothly, providing for the capacity to walk, run, and function without pain. Unfortunately, cartilage can fail to protect the underlying bone; thus, without healthy cartilage, bone becomes damaged, resulting in degenerative joint disease, a condition commonly referred to as arthritis.

FACTORS TO IMPROVE YOUR OUTCOMES.

- Activity choices before and after cartilage transplant are designed to maximize preparedness; therefore, restoring your function and health.
- Similarly, after surgery, minimizing atrophy and regaining joint motion are the focus of your rehabilitation exercises.
- Once the transplanted bone and cartilage are healed, you will be free to choose your activity pursuits. Engaging in activities that are healthy for you and your joint will maximize the outcome to enjoy your reconstructed joints, and life. Low impact activities are generally less stressful on lower extremities, while maintaining joint flexibility allows maximal function. For a list of favored activities, please discuss with your medical team.

Before surgery, assure that you are prepared to have a few slower weeks.
Get yourself organized with family, work, and obligations. Anticipate needing a few weeks away from normal activities.

TREATMENT OF CARTILAGE DAMAGE.

Each patient has a unique set of reasons for the cause of their joint pain. Treatment options are dependent on the cause of the injury to your joint, the extent of your injury (location, number of injuries, and severity), the length of time you have suffered with it, your overall health, and the overall health of your injured joint.

Early isolated cartilage injury without extensive bone damage.

- This early phase of joint damage may benefit from a simple "cleanup," or debridement, of the cartilage to remove damaged tissue. This provides a stabilization of the injury, which has been shown to be effective for years.

Advanced cartilage injury with bone damage or prior failed cartilage treatment.

- The option of restorative treatment is often recommended when the extent of joint disease is beyond a simple injury to the surface cartilage, the bone becomes damaged, or when a prior attempt at fixing the cartilage fails to provide healing and relief.

Restorative treatment involves replacing the damaged cartilage and diseased bone with a donor bone-cartilage graft, which is called an osteochondral allograft.

THE PROCESS OF CARTILAGE RESTORATION WITH AN OSTEOCHONDRAL ALLOGRAFT AND SURGICAL TRANSPLANT.

Cartilage restoration with an osteochondral allograft involves several steps, which include scheduling surgery and obtaining insurance authorization.

Due to the complexities of recovering donated human tissue, the process of matching an allograft to a patient can take some time. Since osteochondral allografts are living tissues, the procedure must be performed within a short period of time. Thus, clear communication and scheduling are essential to getting this recommended treatment.

SAFE AND SUCCESSFUL OPTION FOR CARTILAGE RESTORATION.

Osteochondral allografts are a safe and effective option for cartilage restoration. The process of replacing your cartilage with an osteochondral allograft has been used for over four decades. 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.

WHAT SHOULD I EXPECT FOR RECOVERY?

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

Osteochondral allograft transplant is associated with significant clinical improvement and durability with survival rates of over 81% at 5 and 10 years.[1]

SUMMARY OF THE PROCESS OF OSTEOCHONDRAL ALLOGRAFT (OCA) TRANSPLANTATION

1. Your doctor recommends an osteochondral allograft as part of your surgical procedure.

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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 authorization.

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

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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.

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

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

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7. Surgery is scheduled to transplant your new allograft

*Some types of grafts do not require pre-matching

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

LEARN MORE

[1] Ron Gilat, Eric D. Haunschild, Hailey P. Huddleston, Tracy M. Tauro, Sumit Patel, Theodore S. Wolfson, Kevin C. Parvaresh, Adam B. Yanke, Brian J. Cole. *Osteochondral Allograft Transplant for Focal Cartilage Defects of the Femoral Condyles: Clinically Significant Outcomes, Failures and Survival at a Minimum 5-Year Follow-up. Am J Sports Med.* 2021:49(2):467-475. 2021.

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