



Overview of knee arthroscopy

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Editorial

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Abstract

Knee Arthroscopy is defined as a surgical procedure used by doctors to examine, diagnose, and treat problems of knee joint. Arthroscopic knee surgery is one of the most common surgical procedures performed by an orthopedist. It is also called "scoping the knee". It can be a treatment option for certain types of knee pain. A variety of surgical procedures can be performed arthroscopically, utilizing small incisions and minimizing soft tissue damage. The advantage of arthroscopy is that it can be performed without damaging normal structures around the joint.

Keywords: knee Arthroscopy; arthroscopy; joint

INTRODUCTION

Knee Arthroscopy is defined as a surgical procedure used by doctors to examine, diagnose, and treat problems of knee joint. Arthroscopic knee surgery is one of the most common surgical procedures performed by an orthopedist. It is also called “scoping the knee”. It can be a treatment option for certain types of knee pain. A variety of surgical procedures can be performed arthroscopically, utilizing small incisions and minimizing soft tissue damage. The advantage of arthroscopy is that it can be performed without damaging normal structures around the joint.

The procedure involves inserting a tiny camera, called an arthroscope, inside the joint which allows helps in viewing the joint on a screen. Through other small incisions, instruments can be inserted to investigate a problem with the knee and then repair or remove damaged structures. Sterile saline water is pump in to expand the knee. After the knee is expanded, the surgeons insert the arthroscope. Expanded knee makes it easier for doctor to see inside the joint.

After the problem is fixed, the surgeons will remove the tools, use the pump to drain the saline from the knee, and stitch up the incisions. Knee arthroscopy surgery can diagnose and treat a range of problems, including torn anterior or meniscus, removal of a Baker’s cyst, floating fragments of bone or cartilage, persistent joint pain and stiffness, fractures in the knee bones, swollen lining in the joint, etc. Patients are given anesthetic before knee arthroscopy. The type of anesthetic will depend on the extent of the arthroscopy.

A local anesthetic may be injected to numb the affected knee only or a regional anesthetic may be used to numb the person from the waist down. In some cases, doctors will use a general anesthetic to put the person completely asleep during the procedure.

RECOVERY

Recovering from arthroscopy is generally quicker than recovering from

open surgery as it results in less joint pain and stiffness. Recovery time and prognosis depends on the severity and the complexity of knee problem. It is advised to use ice pack on the knee and dressing is done after surgery. The ice helps reduce swelling and minimize your pain. Other recovery tips include: keeping the leg elevated for several days, resting well often, changing the dressing regularly and using crutches and following the doctor’s recommendations about applying weight to the knee. An exercise regimen is also recommended to follow to help your knee recover, or will recommend a physical therapist to see until you’re able to use your knee normally. Exercises help in restoring the full range of motion and strengthen the muscles. Doctors may also prescribe painkillers or recommend OTC drugs for pain management.

EXERCISES

Exercises are recommended before and after knee arthroscopy to help the knee to fully recover.

Exercises are a crucial part of treatment. They are needed to restore the knee’s full strength and range of motion.

The type of exercise depends on the extent of the problem and patient’s condition. It is essential to speak with a doctor or physical therapist prior to doing exercises at home.

RISKS

However, knee arthroscopic surgery is still a vital surgical procedure which involves risks, and requires proper postoperative rehabilitation although serious complications are very uncommon.

A person has some risk of infection and excessive bleeding during and after surgery. Some people may have allergic reactions or breathing difficulties because of anesthesia. Some risks are specific to knee arthroscopy. They include: chronic stiffness in the knee, accidental damage to tissues and nerves, infection inside the knee, bleeding in the joints, blood clots. However, these risks are rare.

References:

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