

An Easy and Effective Method to Repair Cartilage Defect of the Knee Using Autologous Chondrocyte Precursors

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Chondrocyte precursors derived from autologous mesenchymal stem cells are embedded in atelocollagen and used as surgical grafts for repairing chondral defects. The grafts are applied on the defects arthroscopically or via a mini-arthrotomy. The postoperative protocol consists of immobilization for 3 days and 4 weeks of partial-weight bearing. No complications, such as infection, effusion, or loose bodies, were noted. Clinical results, as measured by International Knee Documentation Committee scores, were satisfactory at 2-year and 9-year follow-up. This video demonstrates the simple technique for applying the grafts.