COBLATION® chondroplasty is safe and effective in the knee
Low complication rate and no osteonecrosis or chondrolysis reported

Study design
- A retrospective study of 840 (824 patients; mean age, 47 years) knee arthroscopic chondroplasty procedures using COBLATION technology
  - 492 patients had pre-and post-operative scores; 55% of these patients had a chondroplasty with meniscal repairs and 45% without

Key results
- 19 postop complications (2.2%) in 840 cases
- 23 patients (2.7%) underwent additional surgery within six months
- No complications or additional surgeries were associated with the use of COBLATION technology
- Secondary outcome measures indicated that COBLATION chondroplasty significantly improved the key clinical outcomes of KOOS and WOMAC scores (Figure)

Conclusion
This large series of more than 800 patients had a very low rate of complications and reoperations, none of which were associated with the use of COBLATION technology. There were no reported cases of osteonecrosis or chondrolysis. Patients had significant improvements in the key clinical outcomes of KOOS and WOMAC scores. Based on their results, the authors concluded that COBLATION chondroplasty is a safe modality in the treatment of chondral lesions.

Study citation

Abbreviations
KOOS: Knee and Osteoarthritis Outcome. WOMAC: Western Ontario and McMaster Universities Osteoarthritis Index