

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)



Figure. Clinical outcome scores, from baseline to final follow up



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

Gharaibeh M, Szomor A, Chen DB, MacDessi SJ. A Retrospective Study Assessing Safety and Efficacy of Bipolar Radiofrequency Ablation for Knee Chondral Lesions. *Cartilage*. 2017 Apr 1. [Epub ahead of print]

Abbreviations

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