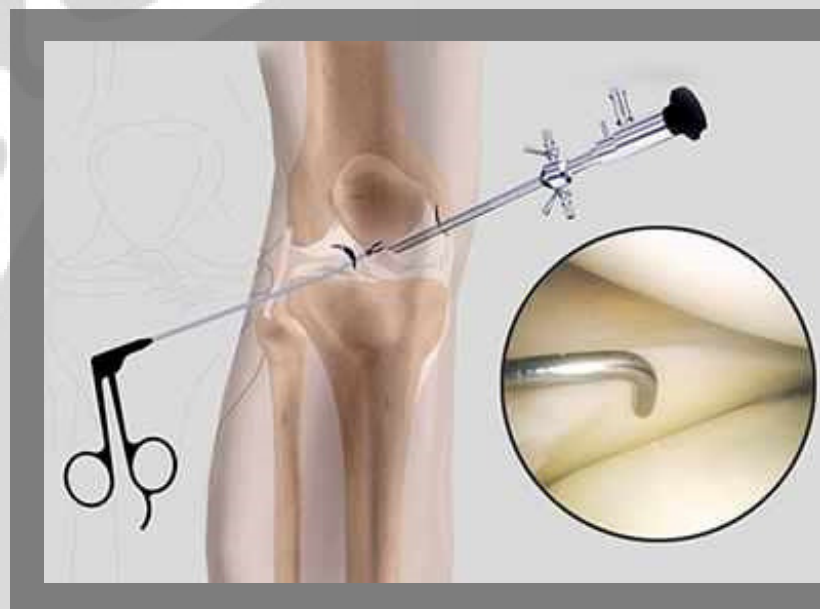


## KNEE ARTHROSCOPY

‘Knee arthroscopy’ (keyhole surgery) means ‘looking into a knee joint with a telescope’. This is a surgical procedure that is normally performed under an anaesthetic as a day-case. It has a large number of different potential uses, with various different surgical techniques available for treating a wide variety of different knee issues.

### Knee Arthroscopy can be used to treat:

- meniscal tears
- articular cartilage damage
- loose bodies in the joint
- torn ligaments
- the early stages of arthritis



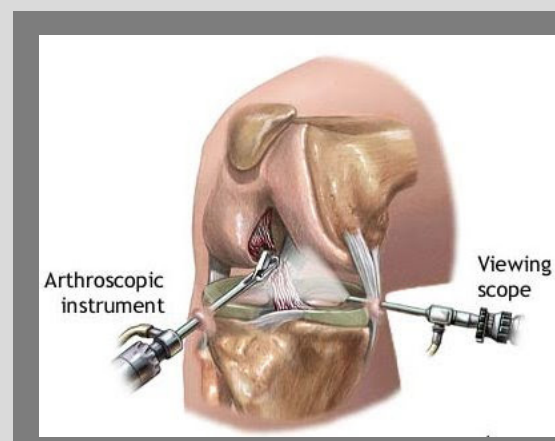
### Surgical procedures:

- meniscal repair • meniscal trimming • meniscal replacement (meniscal scaffolds or meniscal transplantation) • articular cartilage repair • articular cartilage replacement • ligament reconstructions (e.g. ACL reconstruction) • removal of loose bodies • fixation of osteochondral fragments • removal of inflamed plicae • patellar realignment / stabilisation surgery

### The Procedure:

The procedure involves making two small (5mm) incisions at the front of the knee and then putting a telescope and a probe into the joint. One can then inspect and feel the different structures inside the knee joint, to check for potential damage. Depending on what specific damage might be found in the joint, there is then a wide array of different specialist tools available for fixing things inside the knee through the keyhole incisions.

No two knee arthroscopies are the same, and the details of the surgery depend on what is actually done inside the knee at the time of the surgery, which itself depends on what is actually found inside the knee. Appropriate pre-operative imaging of the knee (such as MRI) ahead of any surgery is essential.



For more information on Knee Arthroscopy  
call **020 7079 2102** or email [appointments@phoenixhospitalgroup.com](mailto:appointments@phoenixhospitalgroup.com)