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## **MANHATTAN ORTHOPAEDIC SURGEON PERFORMS INNOVATIVE MICROFRACTURE PROCEDURE ON ARTHRITIC KNEES AVOIDING KNEE REPLACEMENT SURGERY**

Kevin Plancher, M.D. a leading Manhattan Orthopaedic Surgeon, has a national reputation for his expertise in performing the Microfracture procedure on patients with arthritic knees with worn away cartilage. The Microfracture procedure is spurred to generate its own new cartilage like surface, (the white fibrous cushion that keeps bone from rubbing against bone in joints), and it is far less invasive, simpler and easier on the patient than other treatments for bad knees.

“While the patient is under regional anesthetic, an epidural or spinal, we arthroscopically use a special ice pick-like tool to punch tiny little holes in the bone near the place where cartilage is gone,” said Dr. Plancher. “This forms healing cells and releases cells that have the potential to become new cartilage and releases growth factors that are in the marrow.”

“It’s the same principle that’s behind the healing of a broken bone,” Dr. Plancher added. “The body has the natural elements to help the bone fix itself, and the surgeon is just helping it heal straight. In Microfracture, the surgeon purposely helps begin the healing process, with the goal of stimulating the body into making new cartilage.”

In a majority of patients that undergo Microfracture, it’s enough to permit them to return to an activity level that’s acceptable to them.

In a study of 300 patients that have had the surgery for at least five years, only about 20% didn’t show any improvement in the knee function. Twelve patients went on to other procedures, like the more complicated joint replacement. Seventy to seventy-five percent found significant healing of what is called the “cartilaginous surface,” and were able to return to active lives.