

Dr. Robert Jackson uses modern Arthroscopic technology and techniques to visualize, diagnose and help treat problems inside of joints in order to preserve them.

“An ounce of prevention is worth a pound of cure.” The common wisdom of this old saying is now being proven by the results of the modern techniques of minimally invasive arthroscopic surgery in knees, shoulders and other joints. It is now known that the early diagnosis and appropriate treatment of traumatic lesions can preserve joint function in active young people, so that they don't require expensive and often painful restorative surgery later in life.

technology overview

Arthroscopy is a surgical procedure that involves using small instruments to look and operate inside a patient's joint – most commonly knees, shoulders, elbows, ankles, hips and wrists. A small incision is made in the skin and a pencil sized instrument is inserted into the joint. Light is then transmitted through fiber optics to provide illumination, and the surgeon is able to see the interior of the joint by attaching a miniature television camera to the lens of the arthroscope. Other small operating instruments are inserted through separate incisions, as necessary, to enable the surgeon to operate.

As advances are made in fiber optic technology and new techniques are developed by orthopaedic surgeons, other joints may be treated and other procedures performed in the future.

“I have a large number of patients who have been very physically active throughout their life” says Dr. Robert Jackson, an Orthopaedic Surgeon and Sports Medicine and Arthritis specialist in Toronto. “These are not

only professional athletes, but regular people who, because of their active lifestyle, experience pain in their knees, shoulders, elbows and hips.”

We now know that recreational activities as well as intense competitive sports can cause damage to the body's major joints, through minor repetitive injuries, as well as significant major injuries. It is not just professional athletes or high-performance amateurs who suffer from damaged joints, nor is joint damage limited to the elderly whose bodies are showing the “wear and tear” of age.

Active Canadians from their teens through to their sixties are exercising regularly and frequently injuring themselves. In the past, conservative treatment usually advocated rest and physiotherapy to alleviate symptoms while postponing any consideration of surgical options until the situation became unbearable. Unfortunately, by that time, total joint replacement was often the only option.

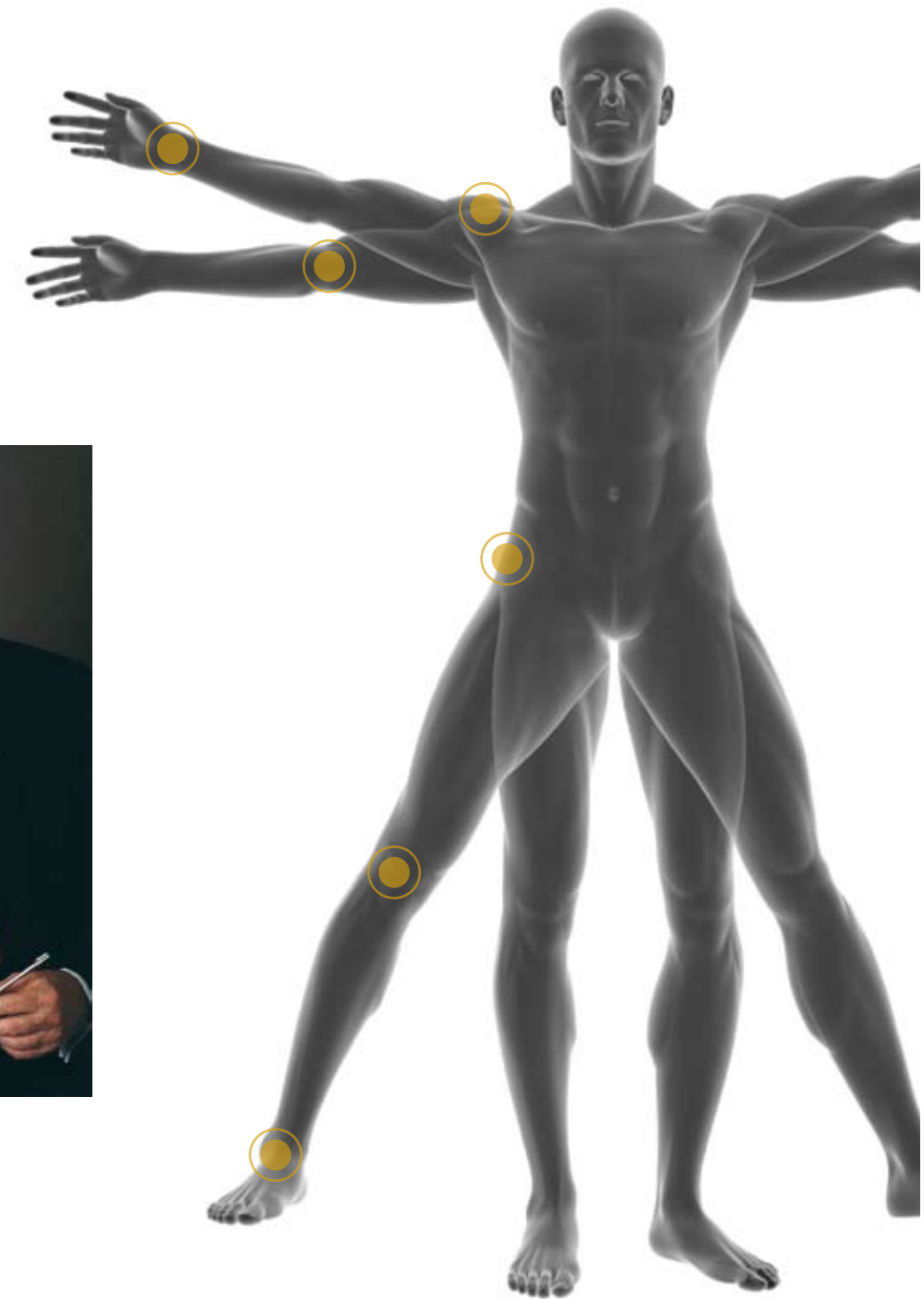
We now have Arthroscopy, which is a minimally invasive surgical procedure

used to visualize, diagnose and treat problems inside the major joints. New Arthroscopic technologies allow orthopaedic surgeons to stabilize joints, to repair or resect torn tissues, and to resurface damaged joint surfaces. All of this is done with greater accuracy and effectiveness than by previous “open surgery”. A television camera attached to the arthroscope allows the surgeon to see and work with great accuracy. This surgical option is now being used to preserve healthy joints in active patients and to minimize the need for major prosthetic repairs later in life.

By earlier Arthroscopic intervention, patients can continue their active, healthy lifestyles and mitigate the risks of health complications often associated with more sedentary lifestyles.

“Thirty years ago, we could really only counsel patients to ‘just deal with it’ until the damage was so bad that extensive open surgery was necessary,” says Dr. Jackson. “Now, we can use modern Arthroscopic techniques to repair the damage while it's still small and before it gets worse.”

APPROXIMATE ARTHROSCOPY PROCEDURES IN CANADA ¹					
Year	Knee	Shoulder	Small Joint	Hip	Total
2004	194,000	78,500	42,700	7,500	322,700
2005	201,200	82,800	46,200	8,500	338,600
2006	208,300	87,200	49,800	9,600	354,900
2007	215,500	91,800	53,600	10,700	371,600
2008	222,700	96,600	57,500	11,900	388,700
2009	229,900	101,600	61,500	13,300	406,300
2010	237,000	106,800	65,800	14,700	424,300



fast facts

Most Frequent Conditions Found During Arthroscopic Examinations Of Joints²

- Inflammation** Synovitis
An inflammation of the lining in the knee, shoulder, elbow, wrist or ankle
- Acute or Chronic Injury** Shoulder
Rotator cuff tendon tears, impingement syndrome, recurrent dislocations
- Knee**
Meniscal (cartilage) tears, chondromalacia (wearing or injury of cartilage cushion) and anterior cruciate ligament tears with instability
- Wrist**
Carpal tunnel syndrome
- Loose bodies of bone and/or cartilage. For example, knee, shoulder, elbow, ankle or wrist**
- Arthritis** Some problems associated with osteoarthritis can also be treated
- Combination Surgery** Several procedures may combine arthroscopic and standard surgery

¹ Millennium Research Group “Arthroscopy Procedures by Segment” Extrapolated for the Canadian marketplace from the US 2005 Report
² American Academy of Orthopaedic Surgeons www.orthoinfo.aaos.org (2008)