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## CLINICAL COMMENTARY

# CURRENT CONCEPTS IN TREATMENT OF PATELLOFEMORAL OSTEOCHONDRITIS DISSECANS

Chris Juneau, PT, SCS, CSCS<sup>1</sup>

Russ Paine, PT<sup>1</sup>

Eric Chicas, PT, SCS<sup>1</sup>

Emily Gardner, PT, SCS<sup>1</sup>

Lane Bailey, PT, PhD<sup>1</sup>

Dr. James McDermott, MD<sup>2</sup>

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### ABSTRACT

Identification, protection, and management of patellofemoral articular cartilage lesions continue to remain on the forefront of sports medicine rehabilitation. Due to high-level compression forces that are applied through the patellofemoral (PF) joint, managing articular cartilage lesions is challenging for sports medicine specialists. Articular cartilage damage may exist in a wide spectrum of injuries ranging from small, single areas of focal damage to wide spread osteoarthritis involving large chondral regions. Management of these conditions has evolved over the last two centuries, most recently using biogenetic materials and cartilage replacement modalities. The purpose of this clinical commentary is to discuss PF articular cartilage injuries, etiological variables, and investigate the evolution in management of articular cartilage lesions. Rehabilitation of these lesions will also be discussed with a focus on current trends and return to function criteria.

**Level of Evidence:** 5

**Keywords:** Articular cartilage, anterior knee pain, osteochondral defect, osteochondritis dissecans, patellofemoral pain

### CORRESPONDING AUTHOR

Chris Juneau, PT, SCS, CSCS

The Memorial Hermann's Ironman Sports  
Medicine Institute

6400 Fannin St. Suite 1620

Houston, TX, 77030

E-mail: Christopher.juneau@  
memorialhermann.org

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<sup>1</sup> Memorial Hermann's Ironman Sports Medicine Institute,  
Houston, TX, USA

<sup>2</sup> University of Texas Health Science Center at Houston/Baylor  
College of Medicine, Houston, TX, USA