

Short Note on Osteochondral Fracture

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Description

An Osteochondral fracture (ocf) occurs when a bit of the smooth surface on the tip of the bone fractures. This takes place in an extreme joint when the articulating cartilage (chondro) and a part of the underlying bone (osteo) breaks off of the bone itself and becomes fractured. If the fracture stays in place, it is considered stable, but if it breaks loose, then it's labeled as unstable. Unstable fractures can move around within the joint and cause pain and other symptoms. These fractures, or loose bodies, can vary in size. Typically, if the size of the fracture increases, the more symptomatic an individual will become. This injury most typically occurs in young adults or adolescents to the bone being softer and more likely to fracture during this way. An Osteochondral fracture can theoretically happen in any joint, but typically the elbow, knee, or ankle is the joints where this injury occurs most frequently. The mechanism of injury most frequently occurs in a very weight-bearing position with a twisting or token force on the joint. Another possible reason for the Osteochondral fracture is to be a lateral dislocation of the patella. When the patella is pushed into place, the quadriceps will fire and this may cause a compressive force because the patella moves over the lateral femoral condyle and cause a bit of the bone to fracture.

Major symptoms include swelling, pain within the joint (feels like joint is catching), limited range of motion, persistent swelling, difficulty in walking, intermittent of the mortise joint and ankle instability. The initial Osteochondral fracture may be an ankle sprain. When weight is placed on the ankle, it causes pain. A chondral defect refers to a local area of harm to the articular cartilage (the cartilage that lines the tip of the bones). An Osteochondral defect refers to a local area of injury that involves both the cartilage and a chunk of underlying bone. These can occur from an acute traumatic injury to the knee or an underlying disorder of the bone. This is distinctly different than arthritis and will be

thought of differently because the treatments are significantly different moreover. Unfortunately, an isolated cartilage defect, with no underlying bone attached to the fragment, isn't commonly repairable. The cartilage is usually not viable when it's separated from the bone and thus must be removed, which may be through an arthroscopic procedure. However, the fractured bone should be treated, if possible. Some healthy flaps of cartilage may be repaired by special techniques.

After the preliminary ache and soreness of a pressure or sprain subsides, people typically resume or maybe increase their pastime level. If an Osteochondral lesion has occurred, however, normal sports that place strain on the joint might also additionally cause aches and swelling, even though the joint typically is first-rate whilst at rest. An affected person with an Osteochondral lesion will regularly experiences pain inside the joint. The affected joint might also appear to be loose. Usually, an Osteochondral lesion happens whilst there may be damage to the joint, especially if there may be an ankle sprain or if the knee is wrongly twisted. Individuals who play sports activities consisting of soccer, football, rugby and golfing can be vulnerable to an Osteochondral lesion. Although the motive of such lesions is unknown, they will contain a genetic predisposition to one of these conditions. Additionally result from atypical bone improvement, especially after they arise in children. Repetitive trauma has additionally been related to the improvement of such lesions. Although carrying a brace or solid might also additionally ease the soreness of an Osteochondral lesion, they may be typically no longer sufficient to treat the problem permanently in children.

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