A Biological Approach to Knee and Shoulder Restoration in the Injured Worker

Phil Davidson, MD
Heiden-Davidson Orthopedics

Compensable Disability Seminar: Update 2011
Introduction – Dr. Phil Davidson

- Park City and SLC clinics
- Education: Harvard, Cornell, Baylor, Kerlan-Jobe Clinic
- Surgical Specialist in Cartilage Restoration & Joint Resurfacing
  *Knee and Shoulder
- Committed researcher and educator
- Incorporating new technologies to offer more choices to patients
- Affiliated – NFL, MLB, PGA, FDA
- Florida- EMA, nominated by state WC judges and appointed by governor (served 8 years)
Outline

• Biologic Approach
• Introduction to the Knee
• Introduction to the Shoulder
• Cartilage Restoration
• Joint Resurfacing
• Common problems affecting the knee and shoulder
• Treatment strategies
• Treatment options
• Focus on new techniques
• Issues Specific to WC
• Questions and Answers
Biologic Approach

• Incorporates an array of methods and technologies to optimize healing thru the application of maximally effective, minimally invasive, precise treatments taking advantage and promoting the patients healing capacities
Biologic Approach

• Restore normal anatomy
• Preserve healthy anatomy
• Customize each and every treatment to the individual in light of their unique circumstance
• NOT an advocate for one device or procedure
Surgical views of the knee
Cartilage – Different types

- Articular cartilage
- Meniscal cartilage
- Many different in body
- Joint surface
  - Articular cartilage
  - Tidemark region
  - Subchondral bone
  - Analogy, “tire tread”
Articular Cartilage Degeneration

Grade 1

Grade 2

Grade 3

Grade 4
Multiple Etiologies Yield Grade IV (full thickness) Lesions

- Trauma
- OCD
  - Osteochondritis dessicans
  - Osteonecrosis
  - Osteochondral defect
- Focal degeneration
- Instability
- Iatrogenic injury
Weight Bearing Articular Cartilage Defects

- Pain, Clicking, Catching
- Loose pieces
- Progressive problem
- Limits activities
- Can be result of injury or gradual problem
Shoulder Anatomy
Surgical Views of Shoulder

Biologic Treatment - Injured Worker
Shoulder Anatomy
The Rotator Cuff

- Set of tendons that secure the humerus into the glenoid socket
- Very common source of pain and weakness about the shoulder
- Often degenerates, then can be traumatically injured
Cartilage Restoration & Joint Resurfacing
A wide realm between.....

Arthroscopic debridement
Goals: Biological Cartilage Restoration

- Relieve pain
- Restore functional histologic architecture
- Improve Mechanics
- Long lasting
- Prevent or Limit Future Degenerative Changes
How do we systematically, scientifically and effectively get a handle on these challenging cases?
Spectrum of Pathology
Spectrum of Treatments

• ....solution lies in understanding comprehensive pathology and full realm of treatments
Treatment Options for Symptomatic Cartilage +/- Bone Defects Based on Size

- **Small** (< 1 cm²)
  - Debridement
  - MST
  - Mosaicplasty

- **Medium** (1 – 4 cm²)
  - Debridement
  - MST
  - Scaffolds
  - Mosaicplasty

- **Large** (>4 cm²)
  - OCA
  - Chondrocytes +/- scaffold
  - Onlay Prosthesis
  - Total Joint

- **Inlay Prosthesis**
• Demand
  – Expectations
  – Job
  – Activities
  – Complicity

• Age
  – Biological, not just chronological

• Comorbidities
  – BMI
  – Diabetes
  – Smoking
  – Medical Illness
Relevant Pathoanatomy

- **Cartilage**
  - Full depth loss??
  - Chondropenia

- **Bone**
  - Loss of bone
  - Osteopenia

- **Meniscus**
  - Consider degree of meniscal remnant
Relevant Pathoanatomy

• Alignment
  – Exact degree of alignment critical in decision making
  – Cannot expect biological solution to work in overloaded compartment

• Stability
  – Knee must be stable
Cartilage Restoration/Joint Resurfacing Treatments: 

...an evolving continuum of options

- Marrow stimulation
- Biological restoration
  - Mosaicplasty / OATS
  - OCA
  - Chondral Auto and Allografts
  - Bio-synthetics/scaffolds
  - Modulated therapy
  - Cellular therapy
- Joint Resurfacing
  - Polymeric/Hydrogels
  - Inlay Arthroplasty
  - Micro-invasive prostheses
  - Digitally custom onlay
  - Total Joint
Transitional Thinking about treatments...

• As lesions get larger....
  – Need bulk restoration
• As patients get older......
  – Go from biologic to prosthetic solutions
• Constant incorporation of new options with these principals in mind
Marrow Stimulation

• Techniques
  - Drilling
  - Picking
  - Abrasion
  - Microfracture

• Marrow stimulation results:
  - Fibrocartilage

• Limited potential with increased age, injury chronicity

• Cheap, fast, easy
  – Short term efficacy seductive.
Biological Options

- Autologous Chondrocytes
  - ACI
  - MACI
- Osteochondral Grafts
  - Autogenous
  - Allogeneic
- Chondral grafts
- Biologically Active Scaffolds
What is needed for scaffold to be effective?

**Scaffolds:**
- Orthobiologic Implant

**Stimulants:**
- Wound Site

**Cells:**
- Patient

**Surgical Technique + Rehab**

**Biologic Treatment - injured worker**

*HEIDEN DAVIDSON ORTHOPEDICS*
Where does orthobiologic osteochondral scaffold fit in?

- Off the shelf alternative theoretically better than microfracture
- Less morbidity than mosaicplasty
- Fill donor sites mosaicplasty
- No allograft donor issues
- Smaller type defects
  - < appx 2cm
Illustrative Case

• 22 yr old truck driver
• Traumatic patellar dislocation while fastening load
Intraoperative photos

Biologic Treatment - Injured Worker
Post Op MRI 17 mos
Davidson Series

- F-U > 2 years
- Sequential patients enrolled
- IRB approved
- Inclusion - full thickness defects, consented patients
- Lesions < 20 mm
- Failures defined by revision “cartilage” procedure
Davidson Series - Knee Articular Grafts

Patient Demographics

- Patients: 30
- Age: Mean 40yrs.
  - Range: 20 – 59
- Sex
  - Females - 14
  - Males - 16
- Grafts – 48
  - Mean – 1.8
  - Range 1 to 4
- Size Mean – 1.7 cm²
  - Range 0.7 to 5.7 cm²
- Placement
  - MFC – 14
  - LFC – 5
  - FTG – 11
  - Patella – 4
- Mean BMI was 30 (range 21 to 53).
- Follow Up: Mean 18 months (range 6 to 48 months)
KOOS Mean Pain Score

Pre-Op 1 Year 2 Years 3 Years

49 58 81 95
Rehabilitation

- Protected weight bearing 6 weeks
  - Med + Lat FC
  - Full WB PF
- Early full motion
- CPM when possible
- Return to light work- 6-12 weeks
- MMI appx 4-5 mos
Current Study – Scaffold for Articular Cartilage Defects

• FDA trial “EAGLE “
• Scaffold vs. Microfx
• RCT (randomized controlled trial)
• Principal Investigator
• Validated outcome tools
• Post Op MRI
• WC patients eligible
Osteochondral Grafts - Auto vs. Allo

• Autograft (OATS)
  – No donor needed
  – Limited availability
  – Small lesions only
  – Repair OCD

• Allograft (OCA)
  – Very effective
  – Young patients
  – Handle Bone loss
  – Larger lesions
    • Generally > 2 cm²
Resurfacing Treatment Options

OCA

- Larger defects
- Can handle bone loss
- Young patients
- Open procedure
OCA– Relative Indications

- Larger Defects (>2 cm sq)
- Deeper defects
- Bone loss
- Patellofemoral
- Younger Patients
- OCD
- No diffuse DJD
OCA donor tissue

- Fresh, or now only Fresh Stored
- Microbial Surveillance
- Donor Testing/Screening
- Limited Availability
- Expensive
- No game day decisions
- No rejection or anti-rejection drugs
- VERY differentiated surgeon access
OCA - Procedure
OCA - Procedure
OCA - Procedure
OCA - Procedure
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Two-Year Clinical, Histologic and Radiographic Outcomes of Distal Femoral Resurfacing with Fresh-Store Osteoarticular Allografts

Davidson, PA; Rivenburgh, DW; Dawson, P; Rozin, R.

Patient E.– Native cartilage
Approximately 67% Viable

Patient E. – Graft cartilage
Approximately 76% Viable
Davidson OA Biopsy Study

Implants were performed at a mean of 32 days post-asystole.

Biopsies were taken at a mean of 34 months post-implant.

- Estimated original graft viability
- Graft viability at biopsy
- Native viability at biopsy

Percent viability
Results: IKDC Scores

- 0-100 point system
- Pre-op mean: 41 (range 27-62)
- Post-op mean: 88 (range 61-97)
PRP- platelet rich plasma “Supercharged healing”

- Concentrate healing elements from own blood – Growth factors
- Can create variety of forms, liquid, gel, membrane to facilitate biologic healing of surgical repairs
- ACL reconstruction, Meniscal repair, Rotator Cuff Repair
Torn Ligament (ACL seen here)
Biological ACL Surgery

• Graft, incorporates allograft, autograft and PRP
• Allograft gives large amount of collagen
• Autograft, gracilis
  – Promotes healing
  – Very small, not missed
What if biologics will not or cannot work?
...defect too large, no longer “young”, obese, smoking, diabetic, Joint “out of round”, non-compliant. Etc.....
A new paradigm for joint resurfacing

- Geometry based on patient’s native anatomy
- Intraoperative joint mapping
- Account for complex asymmetrical geometry
- Extension of biological resurfacing
Inlay Resurfacing

Biologic Treatment - Injured Worker
Knee Inlay Implants

- HemiCAP
  - small unipolar knee
- UniCAP
  - Medial and Lateral
  - Includes Tibial Inlay
- PF HemiCAP
  - Regular & XLT”wave”
Inlay resurfacing – medial knee
46 year old construction worker
Inlay – medial knee resurfacing
UniCAP – medial knee resurfacing
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UniCAP – medial knee resurfacing
Patellofemoral Resurfacing
Radiographs
Post op – 6 days
50 year old day care worker

Biologic Treatment - Injured Worker
Combining Biologics with Inlay Arthroplasty

29 year old firefighter
• 6 wks post op back at work
  light duty
• 12 wks post op full RTW as
  firefighter
Onlay Resurfacings

- More extensive than Inlay
- Very little bone resection
- Implants custom made from CT scan
42 year old FedEx Driver
Biologic Treatment - Injured Worker
Biologic Treatment - Injured Worker
Onlay Resurfacing

• Outpatient or one night stay
• Full WB immediately
• RTW
  – Light duty 6 weeks
  – Full duty appx 12 weeks
Shoulder Injuries
Common Shoulder Injuries

- Cartilage Damage
- Rotator Cuff Tear
- Subscapularis Tears
- Dislocations and Instability
- Labrum Problems and SLAP Tears
- AC Joint
- Bicep Problems
Traditional Treatment Option for Damaged GH Joint ---- *Total Shoulder*

- Potential Problems:
  - Tissue balance
  - Blood loss
  - Overstuffing
  - Humeral height and version
  - Glenoid Loosening
  - Patient acceptance
  - Surgically difficult
Where does Shoulder Resurfacing fit in?

- Anatomically based alternative for treatment of cartilage damage and arthritis
- Before or, **hopefully**, to avoid a traditional arthroplasty
- Less invasive procedure
- Outpatient
- Quicker return to work, less work restrictions
“Impingement”

• Relevant for overuse tendinopathy and tendon tears
• Acromioplasty (SAD) for “impingement” and RC decompression
• Goal of procedure is to remove any area of arch prominence causing pressure on subjacent bursal sided cuff surface
Rotator Cuff Tear/Repair
Anatomic Repair, biologically augmented

PRFM graft

Biologic Treatment - Injured Worker
Rotator Cuff Repairs

(true for all tendon repairs)

• Goal is to reattach tendon to bone, allowing it to heal

• Rehab/RTW guides:
  – Tear size
  – Tendon quality
  – Patient “health”
  – Rehab: quality/compliance
Traumatic Tendon Tear
(Subscapularis)
Glenohumeral Instability

- Treatment focuses on anatomic restoration
- Capsular stretching occurs before avulsion from glenoid
- SLAP, Bankart, HAGL, Hill Sachs
Summary – Anatomical Treatments

• Continually adding more treatment options for patients with knee and shoulder injuries
• Biological Restoration may offer long lasting solutions, where little or no choices were previously available
• Prosthetic Options are becoming progressively less invasive and more anatomical, offering exciting options to younger patients with faster RTW
• Biological and “smart” resurfacing devices can help many, but not all, patients return to work and live more active and productive lives
Orthopedic Evaluation and Treatment of the Injured Worker
Outline

- Physician’s perspective
- Mechanics of the evaluation
- Veracity testing
- FCE’s
- RTW
- Impairments
My Perspective

• Must maintain neutral, expert posture
• Explain at outset thoughts on causality
• Must honestly serve patient and employer
• Synthesize prior treatment, assess current situation and prognosticate need for further treatment and outlook for future
• Some injuries simple to eval and treat, others can be very complex
• Keep the patient working....
Mechanics of an evaluation

• Must have **communication**
  – Adjuster
  – RN manager
  – Employer
  – Patient
  – Other treating providers
    • PT, DC, etc...

• Evaluations to determine different things
  – Causality
  – Diagnosis
  – Overt discrepancy
  – Need for surgery
  – Apportionment
  – Disability
Taking the history

- Clarify prior pathology
- Clearly delineate injury
  - Acute and/or overuse
- Maintain neutrality
- Get a good health profile
- Non-injury health issues may help guide treatment
- Establish mutual respect
  - some patients consider encounter adversarial
Physical Exam

• Patient must be made comfortable, as much as possible
• Histrionics noted, no exam versus tears or resistance
• If visible distress, I often offer to “take a break” and step out, noting this in record
• Acquire objective data, discern data block on part of patient, report as such
Return to work

• Set expectations overtly
• Explain roles, implications
• Generally....
  – Smaller procedure:
    • Off 3 wks
    • Light duty, then MMI by appx 12 weeks
  – Reconstruction:
    • Off 3-6 weeks
    • Light duty, then MMI by appx 4-6 mos
Pain Meds and Pain Management

• My role:
  – Surgical specialist, acute injury and surgical pain
  – Ethical, humane and overt topic

• Narcotics:
  – None pre-op (unless seen in acute distress)
  – Recognition of typical patterns, needs and dependency
  – Generally 6 weeks or less post op

• Pain needs
  – Many patients present habituated
  – Many of these patients need narcotics > 6 weeks

• Will refer for narcotic weaning and non-narcotic pain mgmt, coordinate with pain specialists/PCP
Veracity Testing

- Waddell’s testing
- Stimuli applied to known sites away from pathology
- Report of pain precedes application of force
- Disproportionate pain response
- Inconsistent report of pain
- Exaggerated pain response
Veracity Testing

- Simple observation
- Inconsistent ROM
- Intermittent give-way
- Watch entry/exit from exam
- Feigned behaviors
FCE’s

• Useful in situations where expectations entirely unrealistic
• Diffuse or deflect angry worker
• Method to minimize or avoid confrontation
• Most useful in determining consistency of effort
• Inconsistent effort easily documented
Impairments

• Based on objective criterion
• Utah (state) guidelines
  – AMA guidelines
• Patient/Injured workers often harbor unrealistic expectations
• Never discussed during exam, always defer to accurate calculation
Impairments

• Patient expectations
  – Often unrealistic financially

• Patient fears
  – Typical perception that “can’t work” as before

• Education can assist greatly in process
  – What are workers entitlement ?
  – What can worker expect from employer ?
  – What future medical care is available and at what cost to them ?
  – This is where physician and patient need help!!
Impairments - Roles

• Physician:
  – Definitively ascribe need for future care
  – Define Work Capacity
  – Assign objective, quantified impairment
  – Maintain compassion with injured worker
  – Be able to say “that’s it”
  – Ascribe some care needs to patient and PCP
Closing thoughts

• Willing to listen and learn
• Hopeful to build valuable alliances and relationships to benefit injured workers regionally
• Communication KEY!
Thank You
now accepting new WC patients
offices: Park City and SLC (Holladay)

phildavidsonmd@gmail.com
435-615-8822
www.phildavidsonmd.com
www.heidendavidsonortho.com