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Arthrofibrosis

From Wikipedia, the free encyclopedia

Arthrofibrosis (from [Greek](#): *arthro-* joint, *fibr-* fibrous and *-osis* abnormality) is a complication of injury or [trauma](#) where an excessive [scar tissue](#) response leads to painful restriction of joint motion, with scar tissue forming within the joint and surrounding [soft tissue](#) spaces and persisting despite rehabilitation exercises and stretches. Scarring adhesions has been described in most major joints, including knees, shoulders, hips, ankles, and wrists as well as spinal vertebrae.^{[1][2]}

Arthrofibrosis of the knee [\[edit\]](#)

Arthrofibrosis of the knee has been one of the more studied joints as a result of its frequency of occurrence.^{[3][4]} Beyond origins such as [knee injury](#) and [trauma](#), arthrofibrosis of the knee has been associated with degenerative arthritis.^[5] [Scar tissues](#) can cause structures of the knee to become contracted, restricting normal motion. Depending on the site of scarring, [knee cap](#) mobility and/or joint [range of motion](#) (i.e. [flexion](#), [extension](#), or both) may be affected.^[6] Symptoms experienced as a result of arthrofibrosis of the knee include stiffness, pain, limping, heat, swelling, [crepitus](#), and/or weakness.^[4] Clinical diagnosis may also include the use of [magnetic resonance imaging \(or MRI\)](#) to visualize the knee compartments affected.^[7]

The consequent [pain](#) may lead to the cascade of [quadriceps](#) weakness, [patellar tendon](#) adaptive shortening and scarring in the tissues around the [knee cap](#)—with an end stage of permanent [patella infera](#)—where the [knee cap](#) is pulled down into an abnormal position where it becomes vulnerable to joint surface damage.^[8]

Patients who are recognized as developing arthrofibrosis may improve motion with appropriately directed [physical therapy](#), [corticosteroid](#) injections, [non-steroidal anti-inflammatory drugs](#), and [cryotherapy](#). In many instances, however, as [fibrosis](#) has set in, surgical intervention is necessary. Specialized [arthroscopic](#) lysis of adhesions knee procedures such as [anterior interval releases](#) may be indicated and utilized to great success, in the hands of an appropriately trained specialist.^[5]

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External links [edit]

- [Arthrofibrosis Part 1](#) , Frank Noyes (course in several parts)

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