

## COBLATION<sup>®</sup> technology results in faster patient recovery than mechanical debridement (MD)

Patients reported significantly less knee pain at all time points up to one year



### Study design

- Sixty patients with grade III medial-femoral cartilage defects undergoing medial meniscectomy with concomitant chondroplasty were randomised to treatment with COBLATION bipolar radiofrequency technology (mean age, 42.9 years) or MD with a shaver (mean age, 43.7 years)
- Follow-up occurred at one week, six weeks and one year



### Key results

- Compared with patients receiving MD, those treated with COBLATION experienced:
  - Significantly less pain at all follow-up points (Figure)
  - 91% reduction in the relative risk of taking non-steroidal anti-inflammatory medications at one year (23 vs 2%;  $p=0.026$ )
  - 24% faster return to work (21.7 vs 16.4 days;  $p=0.002$ )
  - 35% less physical therapy sessions (9.8 vs 6.4 units;  $p=0.04$ )
  - Significantly better Knee and Osteoarthritis Outcome Score (57.3 vs 81.2;  $p<0.001$ ) and Tegner scores (2.8 vs 4.1;  $p<0.001$ ) at one year

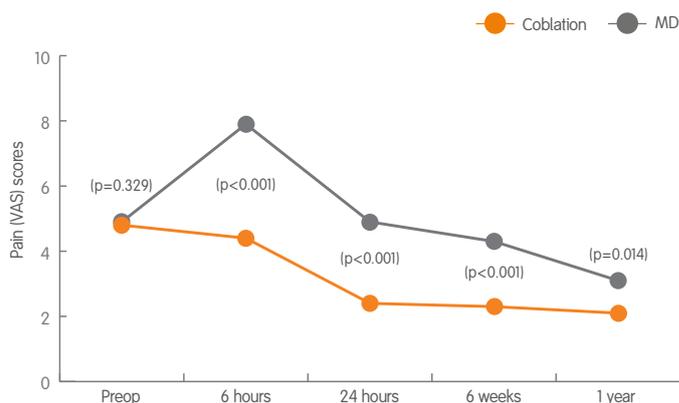


Figure. Visual analogue scale (VAS) score at all follow-up points (adapted from Spahn et al)



### Conclusion

Patients treated with COBLATION demonstrated faster recovery from arthroscopy than with MD. The authors concluded that COBLATION technology appears to be an effective treatment for debriding chondral fibrillations and may even have the potential to stabilise the defect.



### Study citation

Spahn G, Kahl E, Mückley T, Hofmann GO, Klinger HM. Arthroscopic knee chondroplasty using a bipolar radiofrequency-based device compared to mechanical shaver: results of a prospective, randomized, controlled study. *Knee Surg Sports Traumatol Arthrosc*. 2008;16:565-573.