

# Osteochondritis dissecans

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Osteochondritis dissecans (OCD) affects the lateral aspect of the medial femoral condyle of the distal femur (but also the talus and the humerus). An osteochondral fragment becomes partially or completely separated from the joint surface. Magnetic resonance imaging (MRI) is the best method for demonstrating the site, extent and stability of the lesion. In mild cases, the osteochondral fragment remains attached and heals, particularly if treated early with activity modification. If it detaches, partially or completely, mechanical symptoms occur. Robert Bailey Osgood, 1873–1956, Professor of Orthopaedic Surgery, Harvard University Medical School, Boston, MA, USA. Carl Schlatter, 1864–1934, Professor of Surgery, Zurich, Switzerland. Osgood and Schlatter described osteochondritis of the tibial tubercle independently in 1903. Options include fixation of the fragment or to remove a loose body. Younger children have a better prognosis. Osteochondritis dissecans

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