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# Arthroscopic Osteochondral Autograft Transfer for Juvenile Osteochondritis Dissecans of the Humeral Head

## A Case Report

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### Abstract

**Case:** Osteochondritis dissecans (OCD) rarely affects the humeral head. We describe a 14-year-old adolescent who, despite conservative treatment, had persistent pain in the left shoulder as well as limited function. Radiographs and a computed tomography (CT) arthrogram revealed an osteochondral defect of the humeral head. He was managed with an arthroscopic osteochondral autograft transfer from the knee, which provided a satisfactory outcome.

**Conclusion:** Arthroscopic osteochondral autograft transfer is an effective option for the treatment of OCD of the humeral head.

Osteochondritis dissecans (OCD) is a well-described pathology of the knee, the capitellum, and the talar dome. To our knowledge, very few cases of OCD of the humeral head have been reported. Several treatment options, including activity limitation and osteochondral allograft transfer, have been described<sup>1-3</sup>. We present our experience with an adolescent patient with OCD of the humeral head who was treated with an arthroscopic osteochondral autograft transfer.

The patient and his parents were informed that data concerning the case would be submitted for publication, and they provided consent.

### Case Report

A right-hand-dominant 14-year-old boy presented to our department with a 2-year history of left shoulder pain. There was no history of initial trauma. The symptoms had been progressively worsening, causing him to cease sports activity, including soccer and karate. He previously had visited an orthopaedic surgeon who had initially advised rest and prescribed pain medication (nonsteroidal anti-inflammatory drugs), and eventually had prescribed shoulder immobilization and physiotherapy, with little and transient improvement. On physical examination, the passive range of motion was 30° of elevation, 10° of abduction, 30° of external rotation, and internal rotation to the greater

trochanter. Pain was rated 10 of 10 on the visual analog scale (VAS). The Constant score was 8 of 100 points. There was no vasomotor dysfunction. Radiographs and a computed tomography (CT) arthrogram showed a 1.2-cm<sup>2</sup> osteochondral defect on the superomedial aspect of the humeral head, without any osseous fragments or loose bodies (Fig. 1). We decided to perform an arthroscopic osteochondral autograft transfer.

### Surgical Procedure

The patient was placed in the beach-chair position, and a tourniquet was placed on the ipsilateral thigh. Shoulder testing under general anesthesia demonstrated full range of motion. Shoulder arthroscopy was performed using the posterior and anteromedial portals. Exploration of the glenohumeral joint showed a 1.5-cm<sup>2</sup> osteochondral defect with marked surrounding synovitis (Fig. 2) but no loose bodies. The coracoacromial ligament was released to allow correct positioning of the graft harvester perpendicular to the lesion. A synovectomy was performed, and the defect was debrided with a curet. A template with a diameter of 10 mm was positioned in the defect, and the same diameter was selected for the graft. A cylindrical cutter (COR Precision Targeting System; DePuy Synthes, Mitek) with a 10-mm diameter was used to harvest a 15-mm-deep bone plug from the center of the lesion through the anteromedial portal.

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Fig. 1  
Preoperative anteroposterior radiograph (**Fig. 1 A**) and CT arthrograms (**Figs. 1 B, 1 C, and 1 D**) of the left shoulder showing the osteochondral defect.

Next, a knee arthroscopy was performed using 2 standard anterior and 1 accessory medial parapatellar portals. The graft was harvested from the superomedial ridge of the femoral trochlea. A cylindrical core (10 mm in diameter and 15 mm deep) was obtained. Then, the recipient site in the humeral head was filled with the donor osteochondral graft from the knee. A level joint surface was obtained. The donor site in the knee was filled with the graft from the humeral head to prevent knee hemarthrosis (Video 1).

The arm was kept in a sling for 3 weeks postsurgery. Passive and active-assisted mobilization were started immediately after the surgery, and active exercise was started after 3 weeks. Full weight-bearing was allowed immediately after the surgery.

At the 26-month follow-up, the patient had no pain, and the VAS score was 0 of 10. He had recovered full range of motion and had normal function. The Constant score was 92 of 100 points, and the subjective shoulder value (SSV) was 70%. He resumed all sports activities. No complications related to the donor site were observed. Magnetic resonance imaging (MRI) showed healing of the osteochondral defect with normal thickness of the grafted cartilage in comparison to the surrounding articular cartilage (Fig. 3).

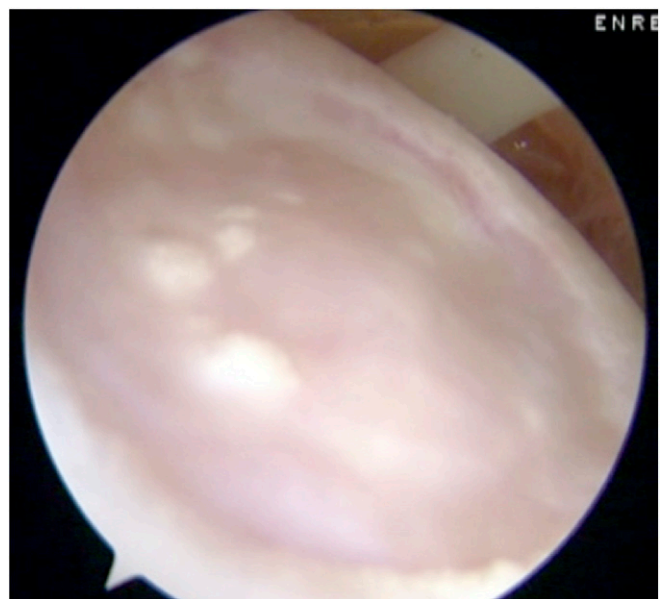


Fig. 2  
Arthroscopic view showing an osteochondral defect at the superomedial aspect of the humeral head.

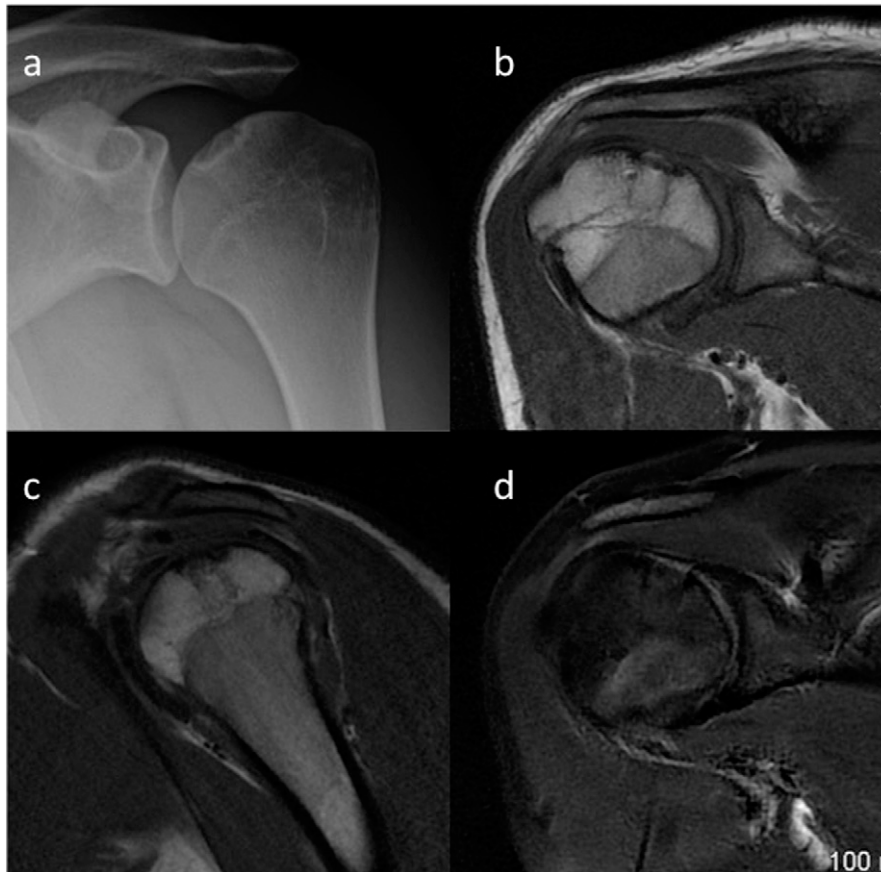


Fig. 3 Anteroposterior radiograph (Fig. 3 A) and MRI scans (Figs. 3 B [T1 weighted], 3 C [T1 weighted], and 3 D [fat saturated T2 weighted]) at the 26 month follow up showing the integrated graft and a level joint surface.

### Discussion

OCD of the humeral head is rare; to our knowledge, only 14 cases previously have been reported<sup>1-13</sup> (Table I). In most of these cases, the patients were men and it occurred on the dominant side. The origin of this condition remains unknown. The most commonly suggested hypothesis is the combined effect of acute trauma or repetitive micro-traumatic injury and the disturbance of local microvasculature. OCD of the humeral head is rather frequent in dogs; because it occurs in the weight-bearing limbs of these quadrupeds, the role of mechanical strain is strongly suggested<sup>14</sup>. In our patient, no history of traumatic or micro-traumatic injury was noted, and the nondominant shoulder was affected.

Several treatment options have been described in the literature. Management includes conservative treatment with rest and activity restriction or surgical treatment, including debridement, removal of loose fragments, curettage, and drilling of the lesion. Other surgical treatments that have been reported include osteochondral allograft transfer in 1 case<sup>9</sup>, osteochondral autograft transfer in 1 case<sup>1</sup>, and osteochondral fragment fixation with poly-L-lactic acid pins in 1 case<sup>12</sup>. Johnson and Warner reported a case of OCD

involving the posterosuperior aspect of the humeral head in a right-hand-dominant 19-year-old man<sup>9</sup>. The patient underwent primary arthroscopic debridement and removal of the loose bodies, but the symptoms returned after 1 year. A second arthroscopic debridement was performed, but the pain resumed after 6 months. Next, reconstruction of the humeral head was performed with an osteochondral allograft through an open deltopectoral approach. At the 3-year follow-up, the patient had no pain and had full range of motion<sup>9</sup>. Many of the reported patients, treated with debridement, curettage, drilling, or removal of the loose fragments, were followed for <1 year, which did not allow assessment of the long-term clinical outcome. At the 26-month follow-up, our patient had no pain and had full range of motion. This result is consistent with the findings of Park et al.<sup>1</sup> In their patient, a biopsy taken during the second-look arthroscopy 5 months following the initial surgery showed a normal pattern of hyaline cartilage.

Surgical alternatives include microfracture and autologous chondrocyte implantation<sup>15</sup>. Microfracture can provide satisfactory early results, but there can be deterioration over the long term<sup>16</sup>. Therefore, we did not use this

**TABLE I Characteristics of Reported OCD Cases of the Humeral Head\***

Authors	No.	Age (yr)	Sex	Side	Dominant Side	Localization	Treatment	Last Follow up	Results
Park et al. <sup>1</sup>	1	13	M	Left	Right	Posterosuperior	Osteochondral autograft transfer	2 years, 7 months	No symptoms, good functional results
Mahirogullari et al. <sup>4</sup>	1	15	M	Right	Right	Posterosuperior	Debridement and removal of loose fragment	10 months	No symptoms, complete range of motion
Mima et al. <sup>12</sup>	1	29	M	Right	Right	Medial	Fixation of the osteochondral fragment with poly L lactic acid pins	4 years	Good clinical results; ASES, 89.2
Anderson and Guilford <sup>6</sup>	1	28	M	Right	Right	Superior	Drilling	6 weeks	Complete range of motion
Ganter and Reichelt <sup>13</sup>	2	26	M	Left	Right	Superior	Drilling		
		36	F	Bilateral		Superior	None		
Hamada et al. <sup>2</sup>	1	12	M	Right	Right	Posterosuperior	Removal, curettage, drilling	1 year, 7 months	No pain
Ishikawa et al. <sup>11</sup>	1	44	M	Right	Right	Anterosuperior	Rest (after arthroscopic examination)	8 months	No pain, complete range of motion
Johnson and Warner <sup>9</sup>	1	19	M	Right	Right	Posterosuperior	Osteochondral allograft (after 2 arthroscopic debridements)	3 years	No pain, return to sport activities
Miller and Hilkevitch <sup>10</sup>	1	40	M	Right		Anterosuperior	Removal, curettage, drilling		
Petrini et al. <sup>5</sup>	1	17	M	Left		Anterosuperior	Rest		
Pydisetty et al. <sup>8</sup>	1	15	M	Left	Right	Anterosuperior	Rest	6 months	No pain
Debeer and Brys <sup>7</sup>	1	17	M	Right	Right	Central	None	6 months	No pain, normal range of motion
Lunden and Legrand <sup>3</sup>	1	16	M	Right	Right	Superior	Drilling	4 months	No pain, return to basketball
Current case	1	14	M	Left	Right	Superomedial	Arthroscopic osteochondral autograft transfer	2 years, 2 months	No pain; Constant score, 92 points

\*OCD = osteochondritis dissecans, and ASES = American Shoulder and Elbow Surgeons score.

technique in our young patient. Conversely, osteochondral transfer has shown very satisfactory results for OCD lesions in the knee that are within this size range<sup>17</sup>. It is a rather

simple technique that can be performed arthroscopically in a single step, as opposed to autologous chondrocyte implantation<sup>18</sup>.

In summary, arthroscopic osteochondral autograft transfer is an effective option for the treatment of OCD of the humeral head. However, we believe that a longer follow-up period is necessary to demonstrate its effectiveness. ■

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