

## Long term outcomes of the Collagen Meniscal Implant

Zaffagnini et al. "Prospective Long-Term Outcomes of the Medial Collagen Meniscus Implant Versus Partial Medial Meniscectomy" American Journal of Sports Medicine, 2011.

Monllau et al. "Outcome After Partial Medial Meniscus Substitution With the Collagen Meniscal Implant at a Minimum of 10 Years' Follow-up" Arthroscopy, 2011.

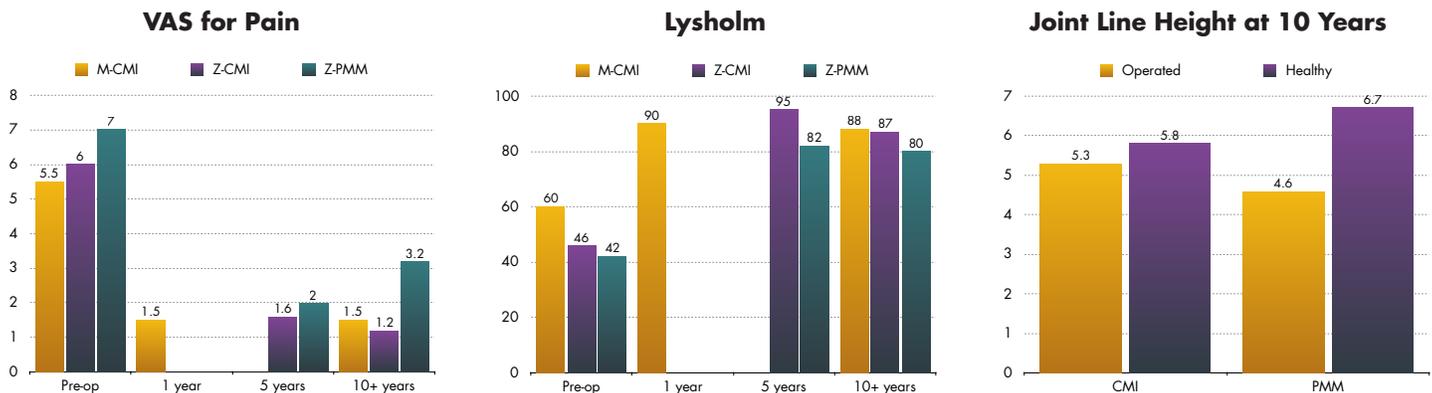
### Executive Summary:

Two publications are reviewed in which long term outcomes were available on patients who had received a Collagen Meniscal Implant (CMI). **Meniscal substitution with the CMI provided significant pain relief and functional improvement after a minimum of 10 years follow up. Additionally, implantation of the CMI resulted in significantly improved pain scores, activity levels, and maintenance of joint space as compared to partial meniscectomy.**

### Methods:

Zaffagnini et al reported pre op, 5-year, and 10-year data on 17 patients who had received a CMI (Z-CMI) as well as 16 patients in a control group who had undergone a partial medial meniscectomy (Z-PMM). Monllau et al reported pre-op, 1-year and 10-year data on 22 patients who had received a CMI. (M-CMI) All patients underwent arthroscopic procedures on medial menisci. Both acute (no prior meniscal surgery) and chronic (1-3 previous meniscal surgical procedures) cases were included. Both studies reported Visual Analog Scale (VAS) for pain, Lysholm score, MRI, and radiographic findings. (Additional scores are available in the full publications.)

### Results:



The significant improvements in both pain and function scores at early time points were maintained at the final 10 year follow-up for CMI patients. While PMM patients' pain scores remained low at 5 years, they appear to be increasing with time.

Zaffagnini reported joint line height at 10 years comparing the operated knee to the contralateral healthy knee for both groups. The CMI group continued to maintain normal joint space height, while the PMM group showed significantly reduced joint height.

### Clinical Relevance:

- Pain, activity level, SF-36 and IKDC scores, and maintenance of joint space height were statistically superior for CMI patients compared to partial meniscectomy patients after a minimum of 10 years follow-up.
- Patients with partial meniscectomy showed a trend toward increased pain scores over time while CMI patients' pain scores remained low after 10 years.
- Patients with partial meniscectomy had significantly less joint space height in the operated knee as compared to the non-operated knee while CMI patients' joint space height remained normal after 10 years.

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