
Contents

Part I Introduction, and Nonoperative Management

- 1 **Osteoarthritis: Definition, Etiology, and Natural History** 3
Elizabeth A. Arendt
- 2 **Nonoperative Treatment Options
for Knee Osteoarthritis** 17
David A. Parker and Corey Scholes

Part II Surgical Management

- 3 **Meniscus Surgery** 31
Ashok Rajgopal and Attique Vasdev
- 4 **Arthroscopic Debridement of the Knee
in the Presence of Osteoarthritis** 43
Myles R.J. Coolican and Kunal Dhurve
- 5 **Cartilage Preservation and Restoration
Techniques: Evidence-Based Practice** 51
Brian M. Devitt, Stuart W. Bell, and Tim S. Whitehead
- 6 **Periarticular Knee Osteotomy** 67
Fernando Corbi, Rosa Ballis, Nicolas Gaggero,
and Sebastien Lustig
- 7 **Unicompartmental Knee Arthroplasty
in the Young Patient** 115
Travis Loidolt and Brian Curtin
- 8 **Total Knee Arthroplasty for the Young,
Active Patient with Osteoarthritis** 133
Tiffany N. Castillo and James I. Huddleston
- 9 **New and Evolving Surgical Techniques** 149
Willem van der Merwe
- 10 **Conclusions** 157
David A. Parker
- Index** 161