

# Single-step scaffold insertion for repairing symptomatic chondral knee defects

Information for the public

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This procedure can be used for repairing symptomatic chondral knee defects because it works well and there are no serious concerns about its safety in this condition.

A chondral knee defect is damage to the cartilage that protects the ends of the bones in the knee joint. It can cause symptoms such as knee pain and stiffness, and reduced mobility.

In this procedure, in a single step, a scaffold is inserted into the damaged area. The scaffold encourages cells to grow and make new cartilage. Sometimes, cells are from the person's bone marrow or other sites are put into the scaffold. The aim of the procedure is to repair the damaged cartilage, reduce symptoms and keep the joint working.

## Is this procedure right for me?

You should be included in [making decisions about your care](#).

Your healthcare professionals should explain the risks and benefits of this procedure and how it is done. They should discuss your options and listen carefully to your views and concerns. They should offer you more information about the procedure. Your family or carers can be involved if you want or need them to be.

You will be asked to decide whether you agree (consent) to have the procedure. Find out more about [giving consent to treatment on the NHS website](#).

## Some questions to think about

- How many appointments will I need?
- What are the possible benefits? How likely am I to get them?
- What are the risks or side effects? How likely are they?
- What is the scaffold made of?
- Will I have to stay in hospital?
- What happens if it does not work or something goes wrong?
- What happens if I do not want the procedure?
- Are other treatments available?

## Information and support

- [NICE's information on HealthTech guidance](#) explains what HealthTech is and how we assess it.
- [NICE's information on HealthTech recommendations](#) explains what standard arrangements are.

[Arthritis Action](#), [info@arthritisation.org.uk](mailto:info@arthritisation.org.uk) can give you advice and support.

You can also get support from your local [Healthwatch](#).

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