

Shoulder Osteochondritis Dissecans

Surgery Service



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Locations

Auburn Hills

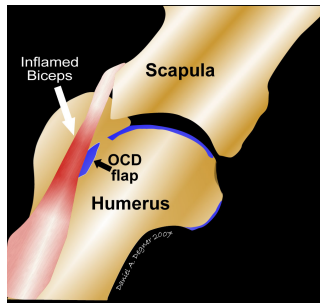
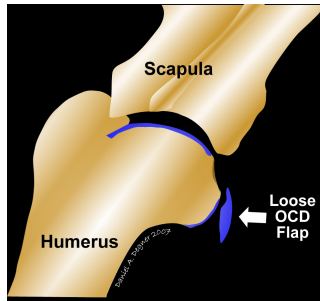
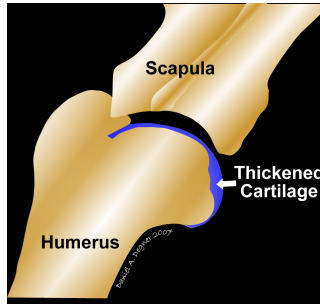
3412 E. Walton Blvd.
(West of Squirrel Rd.)
(248) 371-3713

Grand Rapids

1425 Michigan St. NE
(East of Fuller Rd.)
(616) 284-5300

MVS Southfield

29080 Inkster Rd.
(North of 12 Mile Rd.)
(248) 354-6660



What is osteochondritis dissecans?

Osteochondritis dissecans (OCD) affects young, large-breed dogs and causes forelimb lameness. OCD is a condition in which a region of the cartilage surface, usually the size of a dime, fails to undergo normal development. This region of cartilage becomes thicker than normal. Because nutrients penetrate cartilage by diffusion, the deep part of the abnormal cartilage does not get nourished, as it is too thick. Subsequently, some of the cartilage cells die off which results in weakening of the cartilage. This area of cartilage then separates from the underlying bone in the form of a cartilage flap. Sometimes the cartilage flap becomes detached from its bed and falls into a pouch of the joint (called the cul de sac of the shoulder). Occasionally a fragment of the OCD flap will migrate down the sheath of the biceps tendon (which communicates with the shoulder joint) and causes inflammation of the tendon's sheath.

Signs and diagnosis

A diagnosis of OCD is based on findings of x-ray images, in addition to finding signs of pain upon flexion or extension of the shoulder joint. A side view x-ray of the shoulder usually reveals tell tale evidence of OCD: flattening of the humeral head (see arrow in photograph below).

The day of surgery

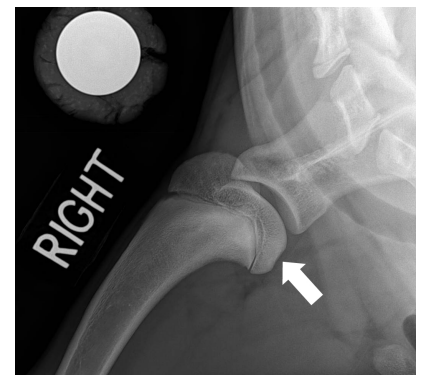
Our anesthesia and surgical team will prescribe a pain management program, both during and after surgery, that will keep your companion comfortable. This will include a combination of general anesthesia, injectable analgesics, oral analgesics, and anti-inflammatory medication.

Treatment

Traditional surgery used to treat shoulder OCD involves making a sizeable incision over the side of the shoulder in order to remove the OCD flap. This procedure can have similar results to arthroscopic surgery, but has some disadvantages. First, traditional surgery is more painful than arthroscopic surgery. Second, all areas of the joint cannot be seen using traditional surgery, thus small loose pieces of cartilage may be missed. These small free-floating cartilage fragments can result in continued inflammation of the joint.

Arthroscopic surgery is the treatment of choice for OCD. Two very small incisions are needed to perform the surgery, which means less pain for your companion. The OCD flap, which is frequently attached to the bone by a thin stalk, is removed with special instruments.

Free-floating pieces of cartilage are removed in order to minimize the risk of inflammation of the biceps tendon.



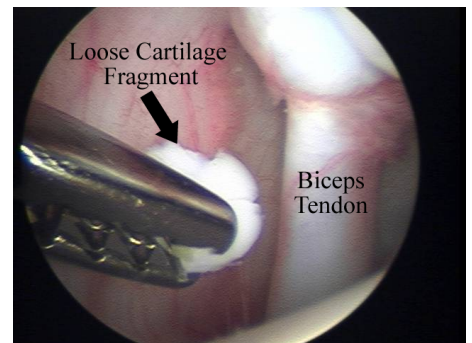
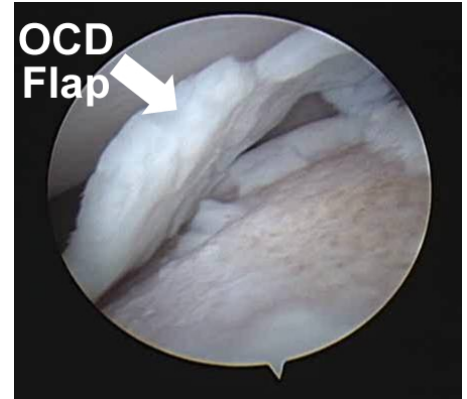
Shoulder OCD Continued...

Aftercare and results

After surgery, you can continue to give your pet a prescribed pain reliever to minimize discomfort. It's also extremely important to limit your dog's activity and exercise level during this post-operative period. Rehabilitation exercises can be done at your home or if you choose, by professionally trained therapists at an animal rehabilitation center. Rehabilitation therapy should be continued until your dog is bearing weight well on the operated limb (typically 2 - 4 weeks after surgery).

The surgeon will monitor the healing process with two follow-up exams. The first is scheduled for two weeks after the surgery and the second is at eight weeks after the surgery. By 2 weeks after surgery, most dogs are near fully weight-bearing on the operated limb, although exercise should be limited during the first two months after the procedure. Within eight weeks after surgery, the shoulder usually has healed.

Arthroscopic shoulder surgery is currently one of the best methods available for shoulder OCD. About 90 to 95% of dogs that undergo this surgery can expect to return to athletic activity within six months.



Assessment and recommendations

Patient: _____
Date: _____

Treatment

- Arthroscopic surgery is recommended by a surgeon at MVS
- Surgery is not recommended

The following has been prescribed

- No medications or special diet are necessary at this time
- Prescription joint diet: _____
- Neuroceutical: _____
- Nonsteroidal anti-inflammatory medication: _____
- Other medication: _____

Exercise

- Unlimited
- Confine your pet to the house other than very short leash walks necessary for bowel movements and urination
- Restrict exercise to leash walks 10 minutes twice daily

Preparation for surgery

- Start fasting your companion at midnight before the surgery; water should not be withheld
- Pepcid AC 10 mg tablets: give _____ tablets with water (use a syringe if needed) at 6 AM on the day of surgery

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