

Chondropathies, Coxarthroses, and Cartilaginous Defects - a Therapeutical Attempt with REGENERESEN®

R. Walter

Dülmen

More than a half of the grown-up population in Europe is suffering from arthroses or other ailments of the knee. The disease seen most frequently in the orthopaedic practice and the general practice with an orthopaedic and sports medicinal clientele, is the chondropathia patellae. Partly this follows from a higher life expectancy, but mainly from the decreasing muscular exertion. Thus the musculature, not being used much during most of the time, is not prepared to meet the sudden demands of jogging or other sports, which leads to an excessive stress for the joints.

The referent described a simple grip to ascertain a suspected chondropathia patellae. The knee-cap is taken with two fingers and pushed downwards. At least after repositioning the knee-cap the patient should state a feeling of pain. A final confirmation can be obtained by an X-ray photograph.

A remedial physiotherapy, strengthening the musculus quadriceps and thus tightening the quadriceps sinew, brings good results, but demands a long period of treatment, whereas surgery, except in special cases, is not adviseable. Medication with non-steroidal antirheumatica is no ideal solution; indeed it removes the pain, but the medicaments them-

selves can have a destructing effect on the cartilage.

In his practice the referent has used REGENERESEN with good success. He applied *Osteochondrin S* together with REGENERESEN of *synovia* and *cartilago*, in form of intramuscular and periarthicular injections, sometimes also intra-articular. He has seen the best results with the latter kind of injections, though the considerable pain for the patient has prevented their exclusive use.