

**WHAT SHOULD I EXPECT BEFORE, DURING AND AFTER A PROCHONDRIX CR PROCEDURE?**

Before the procedure, your physician will provide you with medication to minimize any potential pain. During the procedure, your surgeon will initially remove your damaged cartilage, followed by placing **ProChondrix CR** into the affected area. After your surgery, rehabilitation will be prescribed based on the size and location of your cartilage injury.

**WHAT ARE THE POTENTIAL RISKS OR SIDE EFFECTS OF A PROCHONDRIX CR PROCEDURE?**

Cartilage replacement surgery is a relatively safe procedure. The surgery is performed in an operating room located in either a hospital or a surgery center. In most cases, you will not need to stay overnight. General surgery risks should be discussed with your physician.

This brochure is designed to provide an overview of cartilage issues and treatments specific to **ProChondrix CR**. If you have additional questions, speak with your physician as they will determine the type of treatment that is appropriate for you.



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A PATIENT'S GUIDE TO  
TREATING **CARTILAGE**  
INJURIES WITH  
**ProChondrix® CR**



## WHAT IS ARTICULAR CARTILAGE?

Articular cartilage is a durable tissue that serves as a protective layer that covers the surface of bones within each joint. It allows the bones to glide over each other with very little resistance. Cartilage also serves as a shock absorber in the joint.

## HOW CAN ARTICULAR CARTILAGE BE DAMAGED?

Articular cartilage can be damaged by:

- A traumatic injury (including sports, accidents, sprains and strains)
- Repetitive overuse
- A condition that gets worse over time (also called a degenerative condition)

## WHAT HAPPENS WHEN CARTILAGE IS DAMAGED AND HOW IS IT TREATED?

If your cartilage is damaged or worn, your joint's surface may no longer be smooth, making it difficult for your bones to move along a joint's surface. This can result in pain, swelling and stiffness.

The first step is to talk to your physician. He/She may recommend non-surgical treatments such as extended rest, bracing, rehabilitation, and/or medications. If your symptoms are severe, or don't improve with non-surgical treatments, your physician may further diagnose your condition by prescribing a variety of tests such as X-rays or magnetic resonance imaging (MRI). He/She may then recommend surgical options such as:

- 1 Making small holes in the bone to encourage growth of new cartilage; you may hear terms such as marrow stimulation or microfracture
- 2 Replacing the damaged cartilage with your own cartilage, which is called an autograft
- 3 Replacing the damaged cartilage with donated living cartilage, which is called an allograft, like **ProChondrix CR**

# + What is ProChondrix CR and how does it treat cartilage injuries?

**ProChondrix CR** is a product used to repair or replace your damaged cartilage. Repairing cartilage may help relieve your pain symptoms and improve the function of your affected joint. **ProChondrix CR** is a therapy that uses living cartilage prepared from a deceased tissue donor (called an allograft). The donor and the tissue used to produce ProChondrix CR are extensively tested to ensure that it is safe.



ProChondrix CR  
Actual Size  
Enhanced to Show Texture