

Presentation summary

Kurzweil P, et al. *International Cartilage Regeneration & Joint Preservation Society World Congress (2019)**



Overview

- Prospective, multicenter STITCH trial, investigating the effectiveness of all-inside HCT repair using circumferential sutures placed with NOVOSTITCH Meniscal Repair Systems
- 12-month outcome data were available for 24/30 enrolled patients (mean age, 38.2 years; range, 18-57 years); patient characteristics included:
 - Medial tears in 73% of patients
 - Extension of 43% of tears into Zone 1, 47% into Zone 2 and 10% into Zone 3
 - Average tear length of 18.1mm
 - 4.9 stitches placed per patient
- Reoperation rates, pain and function were assessed at 12 months; meniscal healing was assessed in 10 patients at 6 months by second-look needle endoscopy



Results

- Reoperation required in only 2/24 patients (8.3%) at 12 months
- Complete healing[†] in all patients receiving second-look needle endoscopy at 6 months (n=10; Figure 1)
- Significant improvements at 12 months in all patient-reported outcome measures (IKDC, KOOS, Lysholm, and Tegner scores), compared to preoperative values ($p \leq 0.001$; Figure 2)
- At 12 months, patients reported scores that met or exceeded the minimal clinically important differences in:
 - IKDC score: 18/21 patients (85.7%)
 - Lysholm score: 17/21 patients (81.0%)



Figure 1. Example of complete healing from a male patient with a lateral tear. A, arthroscopic view preoperatively; B, arthroscopic view immediately following repair; C, needle endoscopy 6 months postoperatively

[†] Complete healing defined as: no visible meniscal defect on second-look needle endoscopy



Results continued

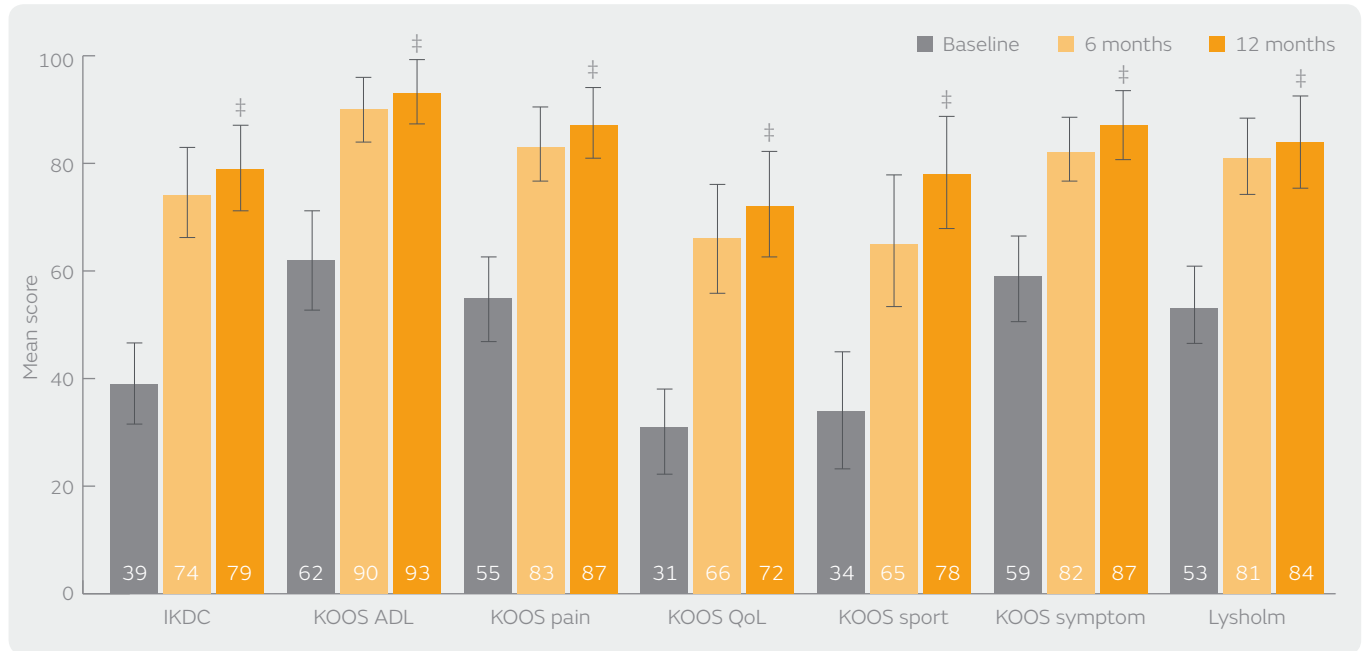


Figure 2. Patient-reported outcome measures (mean \pm 95% confidence interval) at baseline and 6- and 12-month follow-up in patients treated with NOVOSTITCH[®] Meniscal Repair Systems. Tegner score also improved significantly from preoperative values to 12 months (mean improvement, 1.8 \pm 2.6; p=0.006)
[‡] p \leq 0.001 compared to baseline



Conclusions

In the first prospective study of HCT repair, patients receiving repair with NOVOSTITCH Meniscal Repair Systems had a low reoperation rate and reported significant improvements in patient-reported outcome measures at 12 months.



Citation

*Kurzweil P, Krych A, Anz A, et al. Does repair of horizontal cleavage meniscus tears improve patient outcomes? 1 year results from prospective multi-center STITCH Trial. Presented at *International Cartilage Regeneration & Joint Preservation Society World Congress*; October 5-8, 2019, Vancouver, Canada.

Abbreviations

ADL = activities of daily living, IKDC = International Knee Documentation Committee, KOOS = Knee Injury and Osteoarthritis Outcome Score, QoL = quality of life