Fact Sheet: Arthroscopic Surgery

Arthroscopic surgery is a minimally invasive surgery most often used to treat a sports injury to a joint. This has also been adapted to the treatment of more chronic problems leading to joint pain. The majority of the surgery is done with the assistance of a microscopic camera that is placed into the body through a small incision. It is a minimally invasive surgical technique that allows your physician to both see and evaluate the entire joint while treating any injured parts, such as the ACL (anterior cruciate ligament) or meniscus in the knee, the labrum and rotator cuff of the shoulder and hip pain due to a FAI (femoroacetabular impingement) or labral tear.

Arthroscopic surgery provides a number of key benefits to patients, including:

- **Fewer procedures**—years ago arthroscopy was used only to diagnose a joint injury and help plan for open surgery. Advances in technology now allow surgeons to view, monitor and operate on injured joints simultaneously.

- **Shorter hospital stays**—arthroscopy is generally an outpatient procedure. Depending on the location and extent of the injury, the surgery generally takes about 1 to 2 hours to complete. Patients can return home to begin their recovery the same day as their surgery.

- **Faster recovery**—people usually recover from arthroscopic surgery much faster than open joint surgery. This translates to a much quicker return to activity and fewer restrictions allowing a more aggressive approach to rehabilitation.