

## **Overview**

Loose bodies are caused mostly by pieces of bone falling off the main bone and becoming loose in the joint. Sometimes they are made of cartilage in part or in whole.

## **Causes**

Occasionally, trauma to the knee may cause a piece of bone to drop off into the joint. Most of the time, there is no trauma, and bits fall off spontaneously, for no clear reason. This is part of the wear and tear processes in the knee. Loose bodies are often found in patients with osteoarthritis.

## **Symptoms**

Many loose bodies show no symptoms and require no treatment. If they do cause problems, it is because of movement around the knee. Some people can feel them moving around or hold them between their fingers at the top of the knee.

## **Treatment**

If causing trouble, loose bodies can usually be removed arthroscopically. Often there is an underlying condition such as arthritis and there is a chance of recurrence of these loose bodies.

**If you would like to arrange a consultation or just need an informal chat, please contact me at:**

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