



# Dierenkliniek De Morette

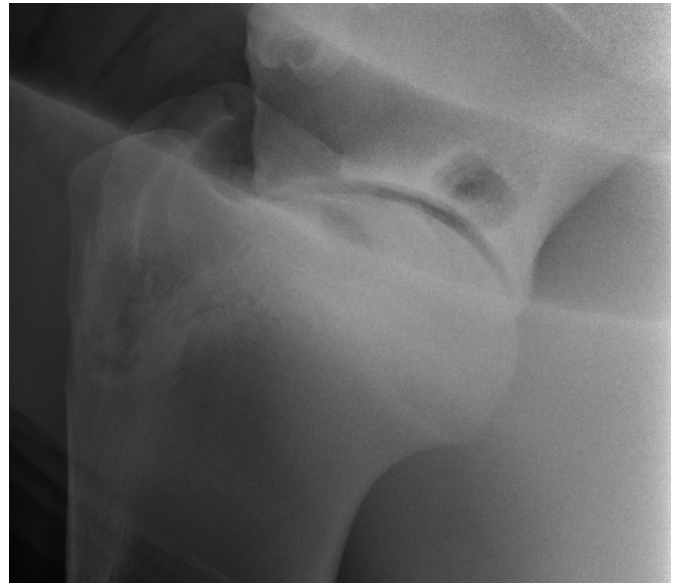
## Surgical Treatment of Subchondral Bone Cysts

Presented at ACVS Summit 2017

Subchondral bone cysts can provoke severe lameness in horses. The Equine Clinic de Morette has devoted almost twenty years of experience in the treatment of these Bone cysts. **Recently, at the Equine Clinic De Morette, we showed how 92% of our patients treated were able to resume a successful athletic activity. These horses underwent following surgical procedure:** Translesional fixation with a cortical screw”, which consists in inserting a surgical screw through the “cyst” to promote healing.

### What are Bone Cysts?

A horse can be lame due to many problems and one of those are Subchondral Cystic-like Lesions (SCLs), most commonly known as bone cysts. These are a type of hole in the bone mainly just below the joint surface. Increased pressure within the cyst and the bone may cause a severe lameness able to undermine the sport career of the affected animals. “Bone cysts” are typically found underneath the joint’s cartilage of stifles, phalanges, knees, and fetlocks, however, they may develop in any bone. Bone cysts are usually found in young animals, nonetheless, clinical signs may appear at any age. The center of the “cyst” is usually filled with a combination of degenerated tissues and fluid. Several pathologic mechanisms have been proposed to explain the “Cysts” growth but none has currently been scientifically proven. The diagnosis is usually made by a thorough lameness exam combined with radiography. In few cases the use of MRI or CT scan is recommended. Care must be paid during pre-purchase examination as an apparently sound horse might hide a cyst in an early stage and become lame after the purchase of the horse.



### What can you do?

Over the years, many surgical and non-surgical options have been proposed to treat this severe condition. The Equine Clinic de Morette has devoted almost twenty years of experience in treating horses with bone cysts in any anatomical location. At present, our treatment of choice is the “Translesional fixation with a cortical screw”. The surgical procedure consists in inserting a screw through the “cyst”. This is an elegant procedure, considerably less invasive than other proposed techniques and without major complications. The screw inserted through the lesion, reduces the pressure on the cyst itself, promoting the healing. **After the surgery 92% of these horses can go back to the work they did previously.**

