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June 8-11

Relationship Between Patient-Reported Outcome Measures (Proms) And MRI Abnormalities In Early Knee Osteoarthritis

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Faculty Disclosure Information

- There is nothing to disclosure



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MRI is not recommended as an aid to identify or define early OA

1. KOOS $\leq 85\%$ in at least 2 out of these 4 categories

- pain(9items)
- stiffness and other symptoms (7items)
- function and daily living (4items)
- quality of life(4items)

2. Clinical examination:

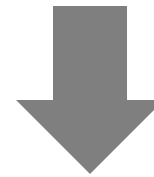
joint line tenderness or crepitus

3. Knee radiographs

Kellgren & Lawrence (KL) grade of 0 or 1



Early diagnosis and treatment of KOA are required to reduce the health care burden²⁾



It is important to understand the pathogenesis of early KOA using MRI

Purpose

To elucidate the association between MRI abnormalities and patient-reported outcomes (KOOS) in patients with early KOA

Medial knee joint pain

K–L grade ≤ 1

Nonrandomized, prospective, multicentor clinical trial



Exclusion

history of ipsilateral
lower extremity surgery

Age (years)		Sex (knees)	
59.1		male	63
(± 12.1)		female	94

The following items evaluated in WORMS³) were investigated

- ① cartilage abnormalities
- ② bone marrow lesions (BMLs)
- ③ subchondral bone cysts (BMC)
- ④ subchondral bone attrition (SBA)
- ⑤ osteophytes
- ⑥ joint effusion * *
- ⑦ medial meniscus tears * * *
- ⑧ medial collateral ligament (MCL) bursitis
- ⑨ medial meniscus extrusion (MME) > 2mm

* The MRI images were interpreted twice by the speaker, with a two-week interval.

* * Medial meniscus injuries included horizontal, transverse, flap, and dorsal root tears.

Horizontal tears were defined as Mink classification 3 or higher, while those classified as 2 or lower were considered normal.

* * * Joint effusion was considered abnormal if graded as 1 or higher.

Statistics



Mann-Whitney U test was used to compare the mean values of each of the five KOOS subscales between two groups, categorized by the presence or absence of each MRI lesion.



We performed **multiple regression analysis** with the five KOOS subscales as outcome variables and age, BMI, and MRI lesions (significant in the Mann-Whitney U test) as explanatory variables. Statistical significance was set at $p < 0.05$.

High prevalence of cartilage abnormalities, osteophytes, and MCL bursitis

	Presence (knees)	Absence (knees)	Prevalence (%)
cartilage abnormalities	148	9	94.2
medial meniscus tears	131	26	83.4
joint effusion	122	35	77.7
osteophytes	118	39	75.2
MCL bursitis	115	42	73.3
MME>2mm	108	49	68.8
SBA	93	69	59.2
BMLs	67	97	42.7
BMC	29	140	18.5

Significant in the Mann-Whitney U test

Patients with

BMLs→ significantly lower KOOS Pain/ADL

Meniscal tear → significantly lower 5 KOOS subscales

BML	KOOS Symptom	KOOS Pain	KOOS ADL	KOOS Sport	KOOS QOL
presence	61.40	53.86	70.01	41.27	38.64
absence	68.02	62.28	76.36	46.00	39.82
P-value	0.057	0.004	0.027	0.294	0.723

Meniscal tear	KOOS Symptom	KOOS Pain	KOOS ADL	KOOS Sport	KOOS QOL
presence	63.36	56.19	72.04	42.02	37.34
absence	74.44	71.26	81.79	53.85	49.30
P-value	0.007	<0.001	0.003	0.043	0.004

Significant in the Mann-Whitney U test

Patients with

Joint effusion → significantly lower KOOS Symptom/ADL
MME>2mm → significantly lower KOOS Symptom/Pain

Joint effusion	KOOS Symptom	KOOS Pain	KOOS ADL	KOOS Sport	KOOS QOL
presence	63.09	57.40	72.10	42.30	38.60
absence	72.54	63.17	79.07	49.86	41.86
P-value	0.017	0.07	0.032	0.196	0.572

MME >2mm	KOOS Symptom	KOOS Pain	KOOS ADL	KOOS Sport	KOOS QOL
presence	62.80	56.45	72.04	41.39	38.05
absence	70.48	63.60	77.19	49.69	42.11
P-value	0.022	0.048	0.0788	0.064	0.304

Significant in the Multiple regression analysis



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KOOS Symptom	Regression coefficient (β)	95%CI	P-value
Age	0.344	(0.068-0.621)	0.009
Joint effusion	-8.061	(-14.77-0.532)	0.068

KOOS Pain	Regression coefficient (β)	95%CI	P-value
Meniscus tear	-12.701	(-20.750- -4.652)	0.002
BMLs	-7.362	(-13.028- -1.695)	0.011

KOOS Sport	Regression coefficient (β)	95%CI	P-value
Age	0.3660	(0.009-0.722)	0.045

KOOS Symptom	Regression coefficient (β)	95%CI	P-value
Age	0.303	(0.017-0.590)	0.038
Meniscus tear	-11.968	(-21.096- -2.841)	0.011

✓ **Cartilage abnormalities** were present in almost all cases (94%)

- Hada, et al. reported that all patients with early KOA had cartilage lesions⁴⁾

➔ **We propose that the pathogenesis of early KOA involves cartilage abnormalities**

✓ **Joint effusion, medial meniscus tear, MME > 2mm and BMLs** were associated with knee symptoms

- Torres, et al. noted that joint effusion correlated best with knee pain⁵⁾
- There have been reports that meniscal lesions, BMLs, and joint effusion are associated with each other⁶⁾⁷⁾

**Medial meniscus tears, joint effusion, MME
and BML were associated with KOOS**

**Early treatment targeting these lesions might be
key in preventing the progression of KOA**

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