



Carlo A. Messina, D.P.M.
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Board Certified: American Board of Foot and Ankle Surgery
- Specializing in Sports Medicine, Lower Extremity Trauma
- Specializing in Deformities in Children and Adults
- Specializing in Complex Ankle Ligament Injuries



Michael M. Cohen, D.P.M.
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Board Certified: American Board of Foot and Ankle Surgery
- Board Certified: American Board of Podiatric Medicine
- Specializing in Lower Extremity Injuries and Deformities in Children and Adults
- Specializing in Complex Limb Salvage, Foot, Ankle and Leg Fracture Surgery
- Specializing in Total Ankle Replacements and Running Injuries



John D. Goodner, D.P.M.
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Specializing in Sports Medicine, Foot and Ankle Arthroscopy
- Specializing in Lower Extremity Injuries and Deformities in Children and Adults
- Specializing in Adult and Pediatric Reconstructive Foot, Ankle and Leg Surgery
- Specializing in Adult and Pediatric Lower Extremity Trauma



Warren Windram, D.P.M.
Foot and Ankle Surgeon, Podiatrist

- Diplomate: American Board of Foot and Ankle Surgery
- Fellow: American College of Foot and Ankle Surgeons
- Board Certified Foot and Ankle Surgeon
- Specializing in Foot and Ankle Arthroscopy
- Specializing in Total Ankle Replacement
- Specializing in Lower Extremity Injuries and Deformities in Children and Adults

INSURANCE

MOST INSURANCES, PPO's AND MEDICARE ACCEPTED
Preferred Providers Below

ADULT

Aetna (HMO, PPO, POS, EPO)
Avmed (HMO, PPO)
Better Health
Blue Cross/Blue Shield (HMO, PPO)
Cigna (HMO, PPO, POS)
GHI
Humana (PPO, POS, EPO)
Magellan
Medicare
Memorial (HMO, PPO)
Miccosukee
Multiplan
Network Blue (HMO, PPO)
Preferred Choice
Private Health Care System
Seminole Tribe
Tricare
United Health Care (HMO, PPO, POS)

PEDIATRIC

Better Health
Molina
Staywell
Sunshine State
Wellcare

WORKERS' COMPENSATION

AIG
Corvel
ESIS
FCCI
Gallagher Bassett
Hartford Ins - Specialty Risk
Liberty Mutual
Marriot
Publix Works Comp
Sedgwick
Travelers
US Department of Labor
Zenith Ins. Co.
Zurich American

Call us to see if we participate with your plan

Accepting Medicare
Accepting most HMO's and PPO's
Accepting Motor vehicle insurance
Accepting Workers Compensation
Second opinions and IME's
Outpatient and Inpatient surgery

Same day appointments
Emergency visits
Early morning appointments
Evening appointments
Letters of Protection, (LOP's)
Se habla Espanol

LOCATIONS

WESTON

1600 Town Center Blvd. • 954-389-5900

PEMBROKE PINES

17842 NW 2nd St. • 954-430-9901

PLANTATION

220 S.W. 84th Avenue, Suite 102 • 954-720-1530

www.SouthFloridaSportsMedicine.org

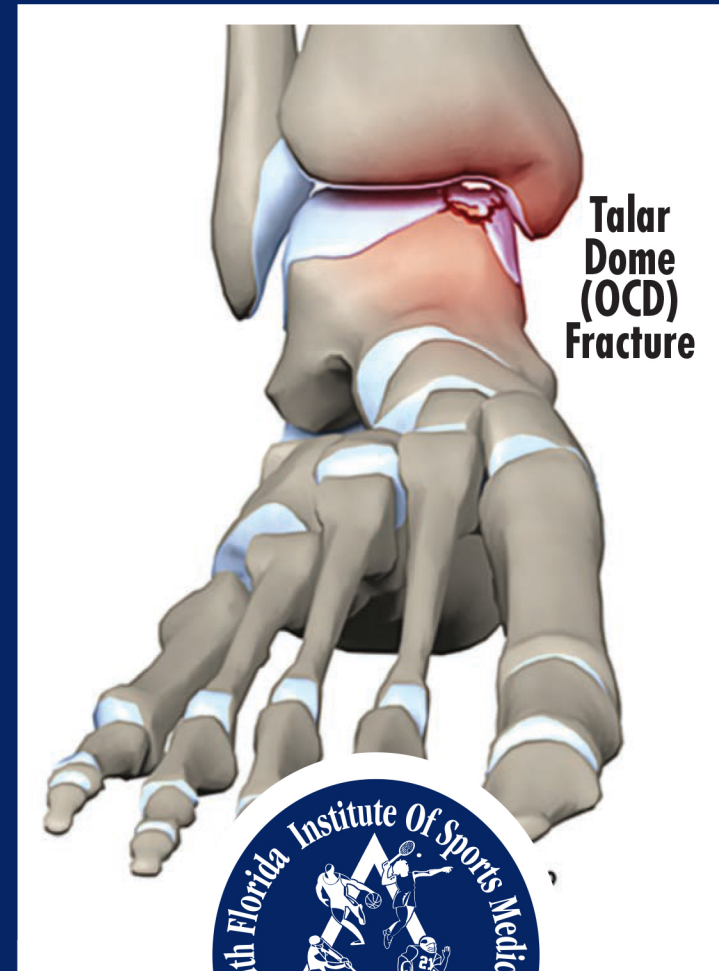


@SouthFloridaSportsMedicine



@SFLSportsMed

A Patient's Guide To CARTILAGE TREATMENT OPTIONS



Messina • Goodner • Cohen • Windram
Desimone • Moya • Bertot • Shenassa • Jones • Gonzalez

BIOCARTILAGE

CARTILAGE EXTRACELLULAR MATRIX

CARTILAGE TREATMENT

A PATIENT'S GUIDE

Introduction

Articular cartilage, also called hyaline cartilage, is the tissue component that covers the joint surface at the end of a bone. A joint typically consists of two bones connected together with the articular cartilage of each bone opposing the other. When healthy, the cartilage allows our joints to go through painless range-of-motion and helps to provide shock absorption when weightbearing. When cartilage is damaged, this may cause patient discomfort along with joint swelling, which leads to decreased range-of-motion and stiffness.

How is injured cartilage treated?

Our physicians will evaluate your symptoms and perform a physical examination of the joint that is causing you discomfort. We will also elect to obtain an imaging study (MRI, CT Scan) to further evaluate your injury. Depending on the findings, our physicians may determine a surgical procedure is warranted. When a cartilage lesion is identified, we may recommend a microfracture procedure, also known as bone marrow stimulation technique. This procedure consists of debriding (removing) the damaged cartilage until a border of healthy cartilage is found. Small holes are then made in the base of the defect providing access channels for the underlying bone marrow cells to enter and begin laying down reparative tissue.

What is BioCartilage®?

BioCartilage is developed from allograft (cadaver) articular cartilage. After going through a number of proprietary processing steps, the result is a cartilage extracellular matrix scaffold. BioCartilage contains the extracellular matrix that is native to articular cartilage, which includes scaffolding proteins and additional cartilaginous growth factors. The small particles are mixed with a blood solution that comes from your own body in order to create a paste-like consistency that can be applied over a cartilage defect.

How does BioCartilage® work?

BioCartilage functions as a tissue scaffold that your body's cells can attach to and produce new reparative cartilage tissue in the defect site. Our surgeons will clean the defect area, clearing out damaged tissue and use this scaffold in conjunction with microfracture as a way of providing attachment sites for the bone marrow cells. These cells will penetrate through the access channels to aid in the healing process.

Am I a candidate for treatment with BioCartilage?

Our surgeons will guide you in deciding what particular treatment is best for you and explain the risks and contraindications associated with any treatment. A BioCartilage procedure is most commonly performed utilizing a minimally invasive technique.

Where can it be used?

- Ankle (osteochondral defects)
- Any joint surface that has loose cartilage or damage.

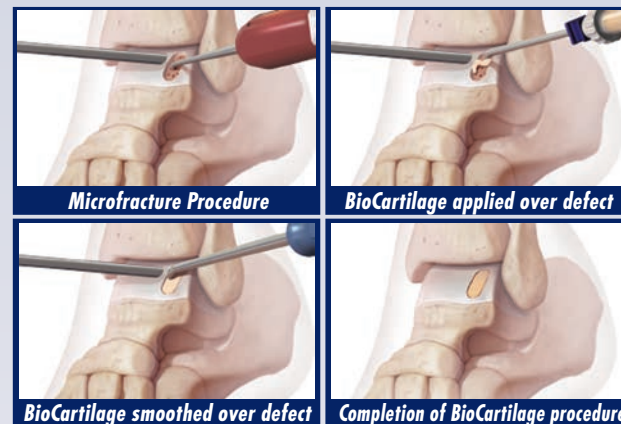
Are there any rehabilitation protocols?

Our physicians will be able to provide the rehabilitation protocol that is appropriate for the cartilage lesion that is being treated. The rehabilitation protocol will typically be similar to other cartilage therapies such as microfracture.

Will my insurance cover this procedure?

Please consult with our physician's office and insurance carrier prior to surgery to confirm coverage for BioCartilage procedures. Most insurance carriers will cover the majority of costs associated with procedures that are deemed medically necessary.

BioCartilage Procedure in the Ankle



Intraop Biocartilage Transplant

