

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.