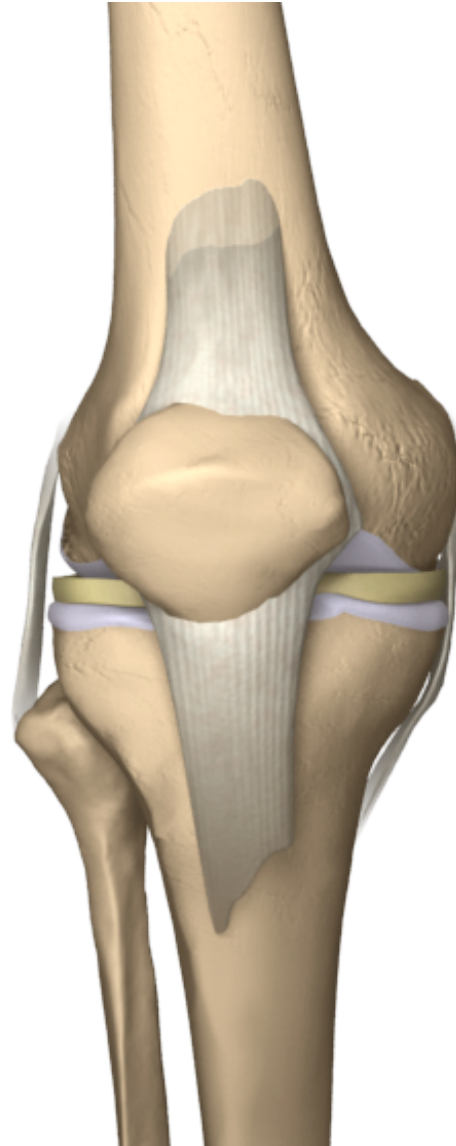
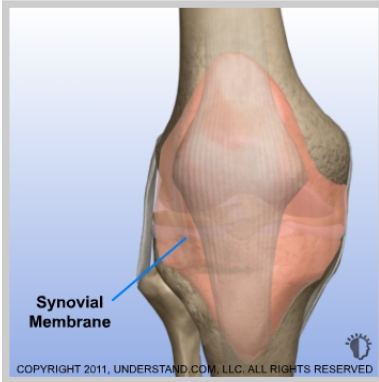


# Synovial Problems - Removal Of Painful Plica

The synovial membrane is found in joints like your knee and shoulder. This thin membrane surrounds the inner lining of your joint and may have folds and fringes. Its main function is to create synovial fluid which helps nourish and lubricate your joint.



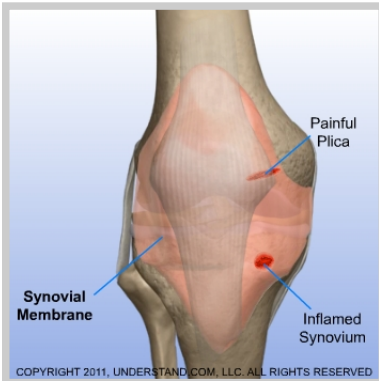


### ***Removal of Painful Plica Introduction***

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#### **Doctor's Personal Note: A Message From Dr. Pevny**

*Thank you for visiting my website and viewing the 3D Animation Library. These animations should assist you in better understanding your condition or procedure. I look forward to answering any additional questions you may have. Please make an appointment by calling (970) 544-1289.*



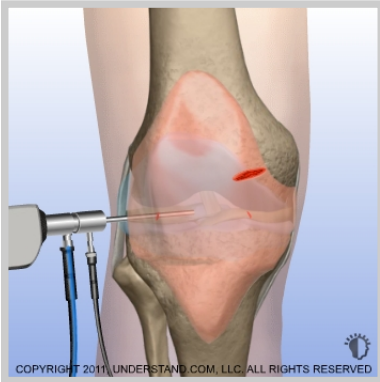
### ***Synovial Problems***

When part of your synovium becomes inflamed, it can cause your entire joint to swell and become tender. Your plica is a fold within the synovium that is located near the knee cap. When your knee cap glides back and forth, it can pinch the plica causing pain.



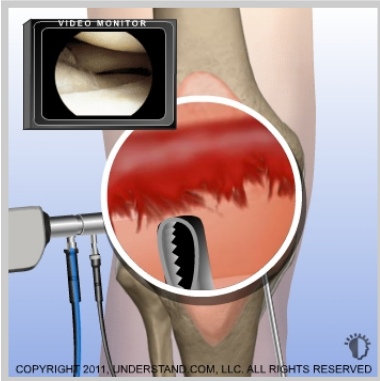
### ***Incisions***

Small incisions (portals) are made around the joint. The scope and surgical instruments will go into these incisions.



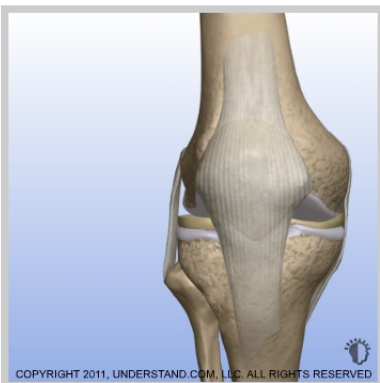
### ***Visualization***

The scope is inserted into the knee. Saline solution flows through a tube (cannula) and into the knee to expand the joint and to improve visualization. The image is sent to a video monitor where the surgeon can see inside the joint.



### ***Removal***

A surgical instrument, like this shaver blade, is inserted into the joint to remove the plica band that is getting pinched by your patella (knee cap).



### ***End of Procedure***

After the removal is finished, the surgical instruments are removed and the procedure is completed.