



ROSENBERG COOLEY METCALF
THE ORTHOPEDIC CLINIC AT PARK CITY
www.rcmclinic.com

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Portal Hypertrophy

- Diagnosis:** Your **diagnosis** is portal hypertrophy.
- Cause:** It is **caused** by scar tissue created by your body at the arthroscopic incision sight. This condition is due to your good healing properties.
- Symptoms:** Typical **symptoms** include pain (especially with kneeling), burning sensations, tightness, clicking/popping and/or lack of full ROM.
- Treatment:** Our standard **treatment** options include:
1. Fill a paper cup with water and freeze overnight. Tear the lip of the cup off creating an ice wand.
 2. Gently move the ice wand over your incision sights for 3-5 minutes, or until the area is numb.
 3. Vigorously massage the incision site, pushing down and across the area.
 4. Repeat 2-3 x daily until symptoms subside.
- Precautions:** Important **precautions**:
1. Avoid over-icing, as this may cause frost nip. Only ice until the area is numb (no more than five minutes).
 2. A significant amount of pressure must be applied in order to break up scarring. However, avoid skin breakdown from massaging too vigorously too often.
 3. Popping and snapping at 4-6 weeks post-op is typical and indicates adhesions are releasing.
 4. It may take 2-3 months for the condition to completely resolve.

