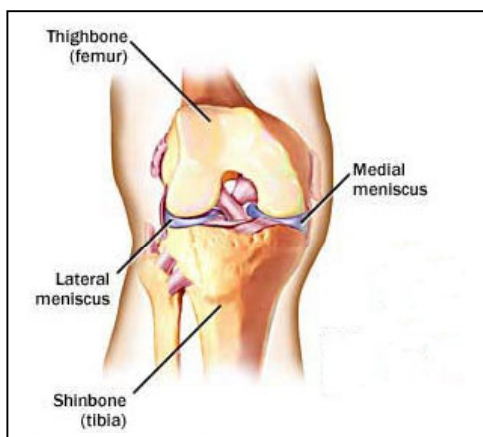


# Meniscus Injury

## The problem

- Within the knee joint there are two menisci located on the top of the tibia – one on the inside (medial meniscus) and one on the outside (lateral meniscus)
- The menisci are made of cartilage and provide stability and cushioning to the knee
- Meniscus injury usually occurs as a result of a forceful twist or rotation through the knee, especially when weight is on that leg and the foot is planted.
- Degenerative changes of the knee may also contribute to meniscus injury



## Interesting facts

- The medial collateral ligament of the knee has some attachments to the medial meniscus. It is for this reason, that people may experience a meniscus and ligamentous injury simultaneously

## What you can expect/look out for

- Swelling and stiffness
- A popping or catching sensation
- A locked sensation when trying to fully extend or bend the knee
- Pain with weight bearing activities, especially those which involve twisting or rotation
- The knee may feel unstable and/or buckling may occur, especially after swelling subsides

## Hints for self-management

- Rest
- Ice
- Avoid aggravating activities

## Management options

- Small tears may be managed successfully with a conservative approach – initially consisting of rest, followed by physiotherapy for a guided strengthening program
- Larger tears may require arthroscopic surgery. In some cases the tear can be repaired, while in other instances the injured portion of the meniscus is trimmed and removed.

## More information

- The menisci have a relatively poor blood supply, with the outer portion, often known as the “red zone”, being the most vascularized. If the tear is small (<3mm) and located on the outer portion of the meniscus it has a better chance of healing than a tear that extends to an area with a poorer blood supply

