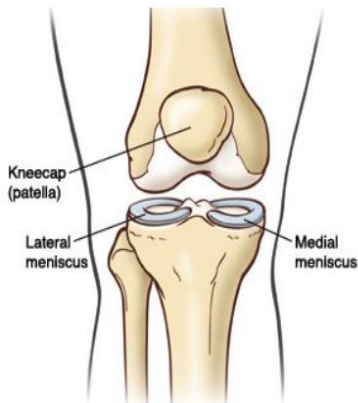


MENISCAL INJURIES

A. What is Meniscus?



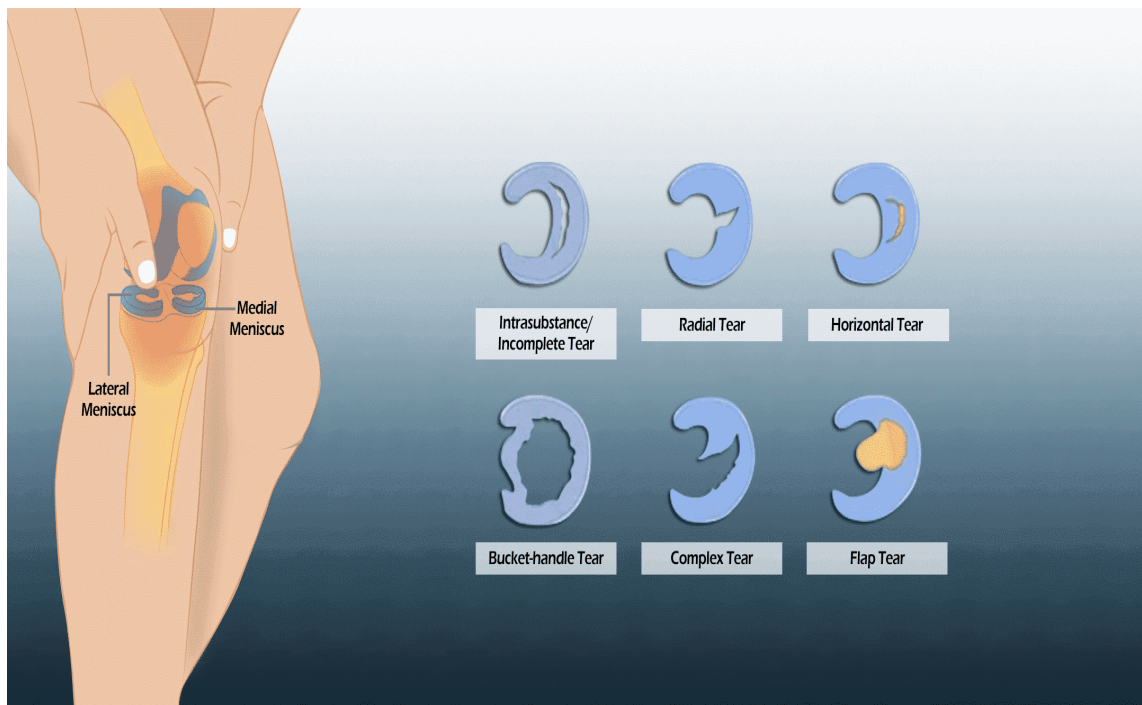
Its C shaped cushion cartilage in the knee

Function:

1. Distribute stress in the knee
2. Shock absorption

B. What is Meniscal Tear?

Any disruption in structure of meniscus is tear and hampers its function.



Courtesy: <https://www.mychiro.com.my/articles/meniscus-tear-treatment/>

C. What can be done?

Many meniscus tears will **NOT NEED** immediate surgery.

I. Nonsurgical Treatment

When advised?

Improvement in symptoms and no mechanical symptoms with simple intrasubstance tears.

Treatment:

Rest, Ice Compression, Elevation, Painkillers, Steroid Injections.

II. Surgical Treatment

Recommended when:

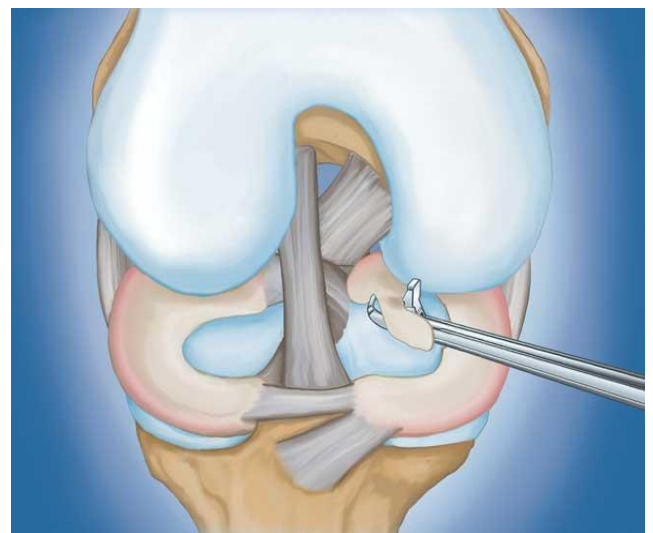
- 1. Persistence of symptoms**
- 2. Mechanical symptoms**
- 3. To possibly avoid arthritis in long run**
- 4. Young patients with full thickness tear**

OPTIONS:

A. MENISCAL REPAIR:



B. PARTIAL MENISECTOMY



Courtesy: <https://www.physio-pedia.com/index.php?curid=14394>
<https://www.estephangarciamd.com/meniscal-repair-surgery-orthopaedic-surgeon-el-paso-tx/>

D. What decides repair vs partial meniscectomy?

Multiple factors considered but main as follows:

1. BLOOD SUPPLY AROUND TEAR

2. NATURE OF TEAR

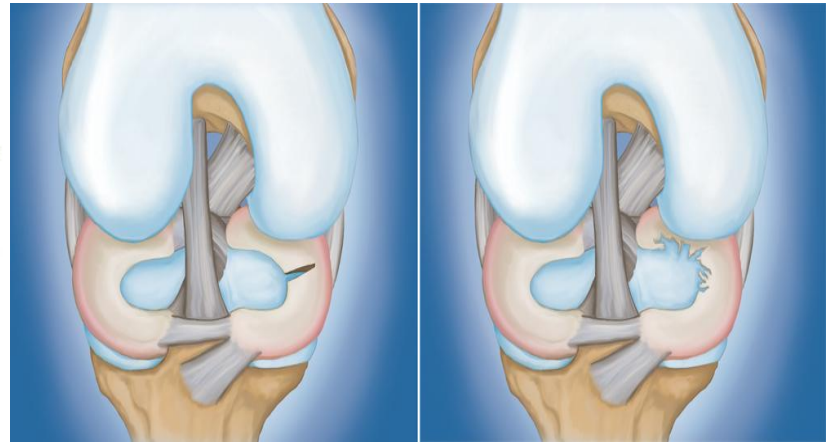
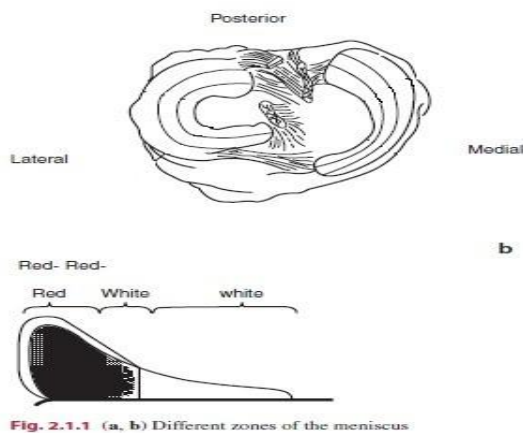
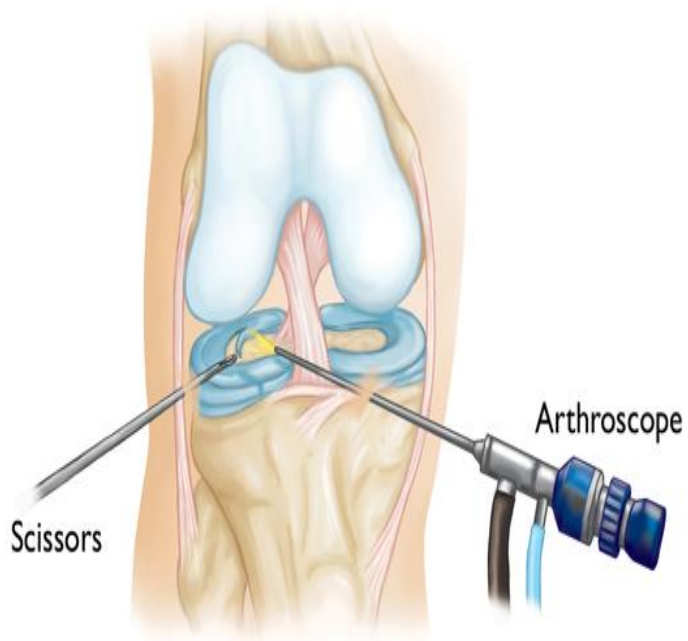


Fig. 2.1.1 (a, b) Different zones of the meniscus

Courtesy: <https://www.physio-pedia.com/index.php?curid=14395>

E. How is it Done?

Key hole Surgery using camera and instrumentation and small incisions.



Courtesy: <https://orthoinfo.aaos.org/en/diseases--conditions/meniscus-tears/>

F. What are Risks with surgery?

Overall risk: 1-2% with smaller risk of serious complications.

General Risks: These are the general risks with any operative procedure:

Pain, bleeding, scar, infection, stiffness, numbness, nerve vessel tendon damage, CRPS (Complex Regional Pain Syndrome).

Anaesthetic risk:

DVT/PE Clots in leg and lung, MI, stroke, Risk to limb and life.

Risks specific to Meniscal surgery:

Retear or recurrence, Failure of repair, Failure to repair, Resurgery, Arthritis in long run.

DISCLAIMER: The purpose of this leaflet is simplification of the topic for patient understanding only. For any further understanding and interpretation issues kindly contact the owner for their final clarifications.
01/09/2024.