

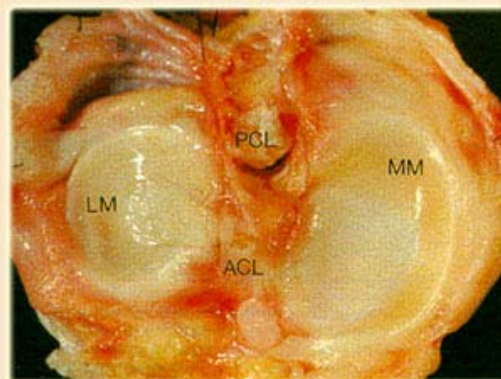
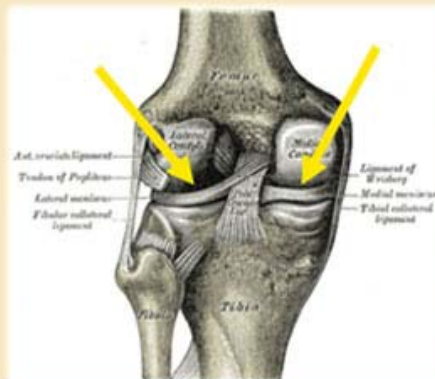


Patient Resources

Meniscus Repair

What is the Meniscus?

- The menisci are two pads of cartilaginous tissue which serve to disperse friction in the knee joint between the lower leg (tibia) and the thigh (femur)
- The knee contains a lateral meniscus and a medial meniscus
- Both are cartilaginous tissues that provide structural integrity to the knee when it undergoes tension and torsion

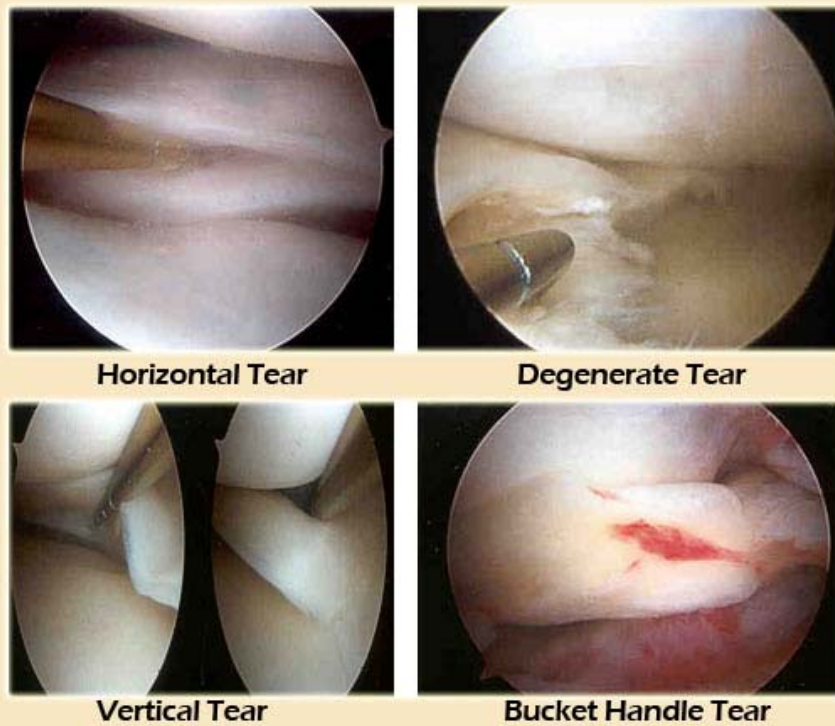


What Does It Do?

- Shock Absorption
 - The menisci act to disperse the weight of the body and reduce friction during movement
 - Since the ends of the thigh bone and shin bone meet at one point (which changes during flexion and extension), the menisci spread the load of the body's weight
 - This protects the integrity of the articular cartilage of the knee joint

Meniscus Tears

- Torn or worn away from overuse, age, or injury
- Common in sports such as soccer & basketball
- Commonly related to anterior cruciate ligament injuries of the knee
- The knee will be in pain when in use
- But when there is no load, the pain goes away
- Some meniscal tears can cause jamming or locking of the knee

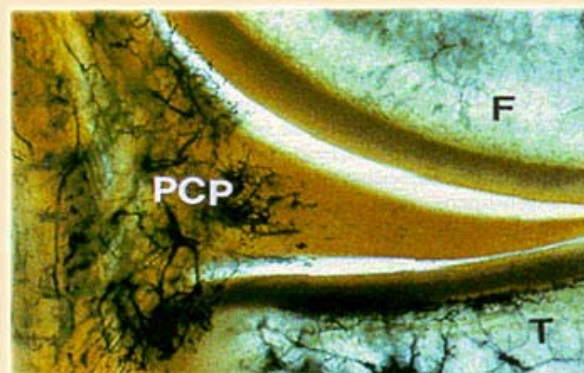


Treatment

- Observation / physiotherapy
- Arthroscopic meniscectomy
 - Partial or total
- Arthroscopic meniscus repair

Observation

- Suitable for partial thickness tears
- Small tears close to capsule
 - possible to heal on its own



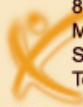
Degenerative Tear Treated with arthroscopic partial menisectomy



Please note that the information contained herein is for general medical information only. If you have any specific medical condition or queries, please **consult** your medical doctor.

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