

Knee Arthroscopy

Associated diagnoses: Meniscal Tear ICD 9 – 836.0 836.1

Definition: Two crescent shaped cartilage structures

Anatomy: These cartilage structures' role it is to provide stability, and absorb shock in the knee. The most important function is as a load sharing device to decrease weight-bearing stresses.

Affected Persons: Meniscal tears are extremely common. Most tears in younger people occur with a twisting injury. Many tears in middle-aged or older adults can occur without injury as a result of wear and tear (degeneration).

Symptoms: Pain along the joint line is the most common symptom. Others include swelling, clicking, popping, or instability. Occasionally the joint will "lock" making it unable to flex and/or extend past a certain point.

Diagnosis: While Physical exam is helpful, MRI is often necessary to confirm the diagnosis

Treatment: Asymptomatic or minimally symptomatic degenerative tears in older individuals may be treated nonsurgical including anti-inflammatories, ice, and physical therapy. Surgical treatment includes Arthroscopic removal of the torn portion (partial meniscectomy) or repair of the tear. Surgical repair is preferable for tears occurring in the portion of the meniscus that has blood supply (vascular), particularly in younger patients. Allograft (donor) replacement of the meniscus is occasionally indicated for large severe tears.