

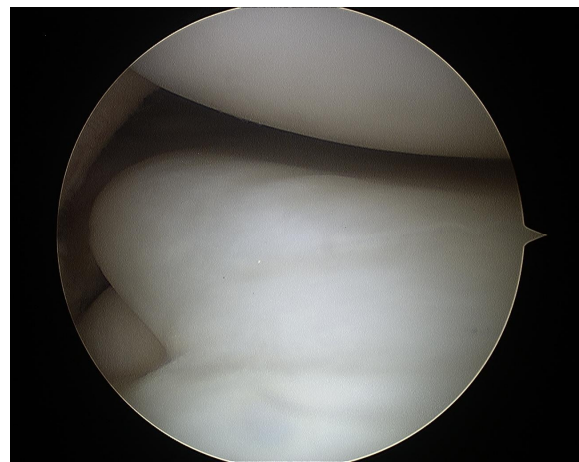
Knee Arthroscopy: Meniscectomy,

Definition:

Arthroscopy is a common surgical procedure in which a joint (arthro-) is viewed (-scopy) using a small camera. Arthroscopy gives doctors a clear view of the inside of the knee. This helps them diagnose and treat knee problems. Arthroscopy is done through small incisions. During the procedure, your orthopedic surgeon inserts the arthroscope (a small camera instrument about the size of a pencil) into your knee joint. On the monitor, your surgeon can see the structures of the knee in great detail. Your surgeon can use arthroscopy to feel, repair or remove damaged tissue.

Meniscus Tear

A meniscus tear is a common knee injury. The meniscus is a rubbery, C-shaped disc that cushions your knee. Each knee has two menisci (medial and lateral). The menisci protect your knee by absorbing the weight bearing forces. They create a dual socket on the tibia (shin bone) and help guide the motion between the femur (thigh bone) and tibia. A torn meniscus can prevent your knee from working normally.



A meniscus tear does not necessarily have to be associated with a history of trauma as they are often degenerative, occurring over time.

Diagnosis:

Dr. Wertz will examine your knee noting tenderness or other signs of a meniscal tear. An MRI is often used to confirm the diagnosis of a torn meniscus.

Treatment:

Dr. Wertz does most meniscus tears with an arthroscopic procedure to remove the tear. Only the injured portion of the meniscus is removed. In some cases the meniscus tear can be repaired. These are tears around the periphery of the meniscus.