

Knee Arthroscopy

Associated diagnoses: Knee pain, arthritis, meniscus tear, cartilage injury

Definition: Knee: Knee arthroscopy is a surgical procedure utilizing tiny incisions and instruments to visualize and treat the inside of the knee joint.

Anatomy: The knee joint consists of three bones, the end of the thighbone or femur, the kneecap or patella, and the top of the shinbone or tibia. Internally are the medial and lateral meniscus, anterior cruciate ligament, posterior cruciate ligament, and articular cartilage, which is the joint surface.

Affected Persons: Meniscus tears affect all age groups, and are one of the most common reasons for orthopedic evaluation. In the younger patient, they are often associated with combined injuries to ligaments. In middle aged and elderly patients, tears can occur without specific injury. Injury to the joint cartilage and loose bodies are also treated via arthroscopy.

Symptoms: Individuals who could benefit from arthroscopy are those with pain and mechanical symptoms (locking, catching, popping) and those who fail to improve through non-surgical methods (rest, medication, physical therapy).

Diagnosis: Diagnosing Meniscus tears, loose bodies, and cartilage injuries entails a thorough history of the symptoms and onset, as well as physical exam of the effected knee, and imaging studies including x-ray, MRI and CAT scan.

Treatment: Arthroscopy is utilized to treat variety of joint problems through minimally invasive surgery

