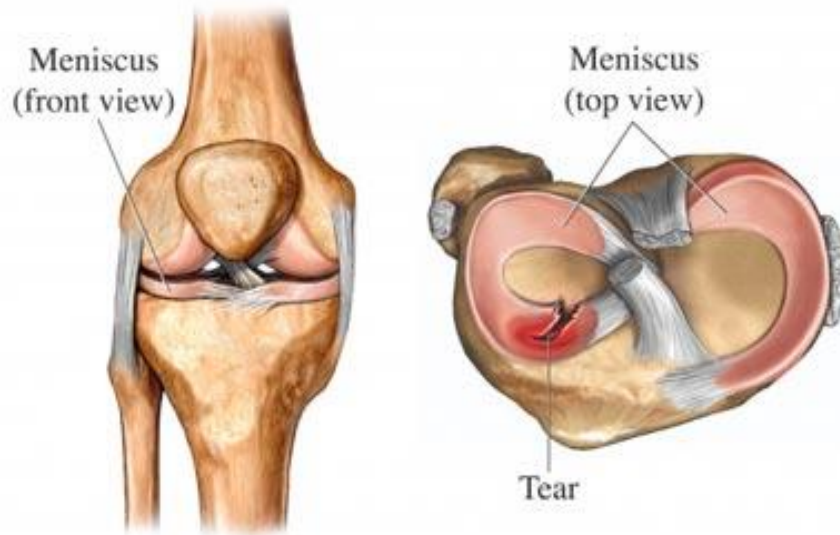




Knee Meniscus injuries:

What is it?

The meniscus is tough cartilage in the knee that acts to absorb shock and provide stability to the knee. It can be damaged from an acute injury (usually pivoting, twisting or squatting mechanism) or from gradual degenerative (arthritic) changes in the knee. The meniscus does not have good blood supply so is prone to poor healing. There are many different types of meniscus tears. Not all are created equal or treated the same. Some tears may not heal, but the pain significantly improves with time. Other meniscus tears can cause persistent pain, disability, instability, catching, or even locking of the knee.



Acute Treatments:

- Rest, Ice, elevate
- NSAIDs – Ibuprofen, Advil, Aleve, etc.
- Crutches as needed for pain
- Compression sleeve
- Avoid pivoting, twisting and squatting activities

Chronic Treatments:

- Physical Therapy
- Low-impact exercise – stationary bike, elliptical, swimming, Aquafit
- Compression sleeve
- Injections – cortisone, visco-supplementation, Platelet Rich Plasma (PRP) are experimental and are typically reserved for meniscus tears that aren't amenable to surgery
- Surgery – some meniscus tears require surgery. This depends on the nature and symptoms of the tear. Chronic, degenerative tears don't seem to respond to surgery as well.