

# Management of Meniscus Injury

## Introduction

Meniscus is a crescent shaped connective tissue between the two bones of the knee. Meniscus help to absorb shock, share stress and provide stability for the knee joint. Meniscus tear is a common sports injury which may happen alone or associated with ligaments injury of the knee.

## Symptoms

Athlete suffered from meniscus injury may complained of knee pain and swelling. There may be limited range of motion in the knee or even get “stuck” or “locked”. For chronic cases, the patient may suffered from recurrent painful attack, clicking or locking of the knee.

## Diagnosis

An orthopaedic surgeon may ask for the mechanism of injury and symptoms of the patient, followed by a thorough examination. He will specifically look for the range of motion, local tender spot and perform special tests for the meniscal injury and associated ligament tear. X-ray may be used to rule out bony lesion and MRI scan can provide useful information to diagnosed meniscus and ligament injury.

## **Treatment**

After the acute injury of the knee, patient will be suggested to have the “RICE” therapy by resting the injured limb, application of ice to the injured part, utilization of compression bandaging and elevation of the injured limb. This can help to control the swelling, prevent further injury and speed up the recovery. For minor meniscus tear, the patient will be suggested to try a course of conservative treatment such as analgesics and physiotherapy. Arthroscopic surgery will be performed for major meniscus tear, “locked knee”, associated ligament injury etc. During the operation, the surgeon will consider repair or excise the torn meniscus according to the location of tear, pattern of injury, age of the patient and duration of the tear. After the operation, the patient will undergo a period of rehabilitation in order to achieve a satisfactory outcome.