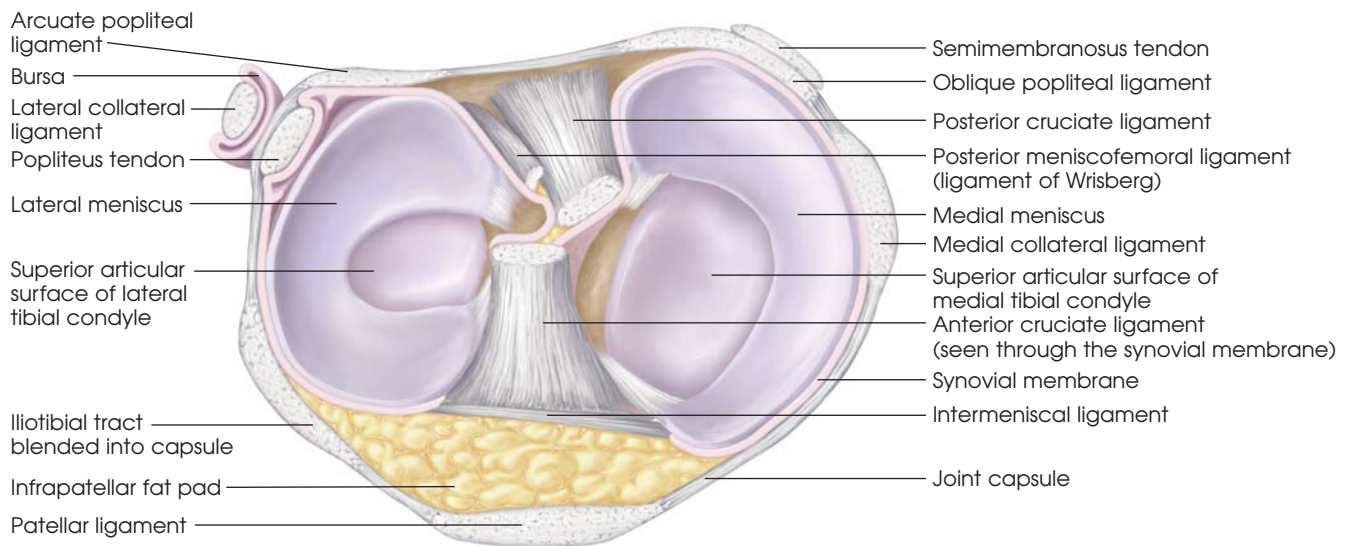
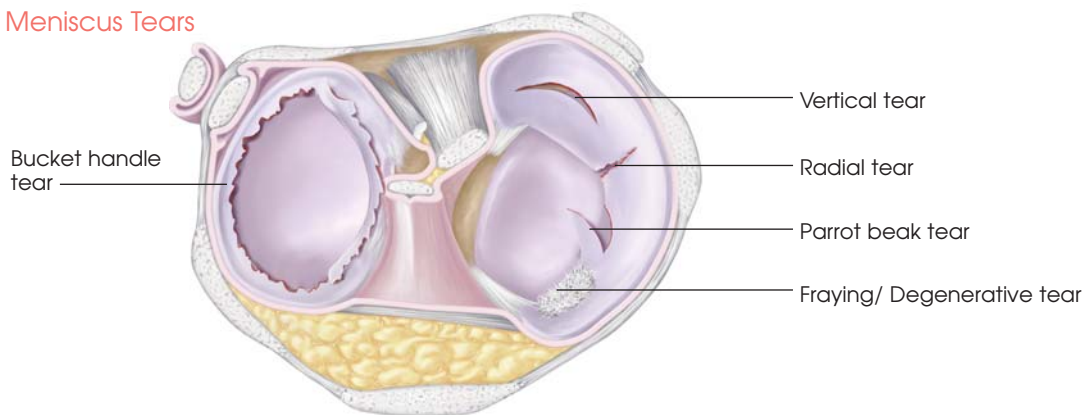


Knee Meniscus Tear

Normal Mensicus Anatomy: Superior View



Meniscus Tears



Meniscus Tear is a tear in the cartilage that cushions the knee joint. It usually occurs when the knee twists forcefully but can also occur due to the aging and degeneration of the cartilage. Symptoms include pain and swelling in the knee joint, inability to bend or straighten the leg fully and knee popping or clicking.

Common Treatment Options

- Elevate the knee.
- Apply ice packs to the knee for 20-30 minutes every 3-4 hours for the first 2-3 days until the swelling decreases.
- Wrap an elastic bandage around the knee to prevent further swelling.
- In acute cases, crutches may be used for comfort to keep the weight off the knee.
- Surgery is the most common treatment of choice for meniscus tears. Depending on the type of tear and age of patient, removal of unhealthy tissue or meniscus repair may be performed at the time of surgery.
- After surgery, using crutches and non-weight bearing may be required for up to 6 weeks.

Notes:

Contact information