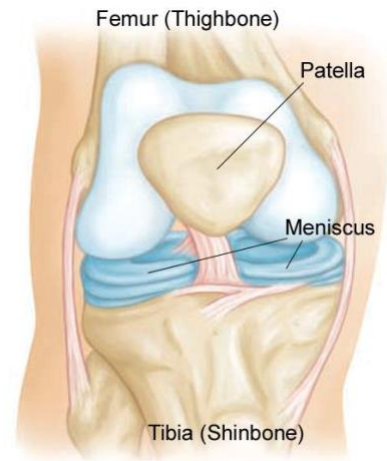


MENISCAL INJURY

The meniscus is a piece of cartilage that provides cushioning and shock absorption between the femur (thigh bone) and tibia (shin bone). There are two menisci in each knee, medial and lateral.

An acute meniscus tear occurs when the knee is flexed and rotated (twisted) and the shear stress exceeds the meniscus' ability to withstand the force. Degenerative meniscal tears can also occur in the older population without an acute episode.



Symptoms:

A small tear may cause no immediate symptoms but may become more painful and swell over 24 hours. More severe tears present with:

- Pain around the knee, more commonly on the inside and more common with hyperflexion, such as squatting
- Loss of knee movement
- Intermittent locking
- Knee joint swelling, often at the back of the knee

Non-Surgical Management / Rehabilitation

- Depending on severity, crutches may be recommended to offload the meniscus
- Control swelling with ice and anti-inflammatories
- Regain full knee range of motion (extension first, then flexion)
- Regain full strength of hip and knee muscles
- Regain appropriate balance and agility skills
- Return to running and sport-specific drills pain-free

A meniscal tear will commonly take up to six or eight weeks to fully heal, however severe acute tears often require surgery.

It is important to avoid activities that place excessive stress through the meniscus and further delay healing. This includes activities with the knee in increased degrees of flexion, such as deep squatting or kneeling on the floor.