



+91-124-3528444

Golf Course Road, DLF Phase-5
Sector - 53, Haryana - 122002

www.sanarhospitals.com
info@sanarhospitals.com

Follow us on: [f](#) [@](#) [t](#) [v](#) [in](#)

Understanding
Meniscus Tear



What is a Meniscus?

Meniscus is a C-shaped cushion formed of cartilage in the knee. It lies between the tibia (lower leg bone) and the femur (thigh bone) and acts as a shock absorber. The meniscus that lies on the inner side of the knee is called the Medial Meniscus and the one that lies on the outer side of the knee is called the Lateral Meniscus.

What causes Meniscus Tear?

Sudden twisting and turning movements of the knee may result in a torn meniscus. It is very common in athletes who play Football or Hockey where there are sudden twisting movements in the upper leg while the foot is planted and the knee is bent. Sometimes, menisci can develop as a block or disk shape called a Discoid Meniscus which is more likely to tear and is commonly present in childhood

Symptoms

Symptoms of a Meniscus Tear may present differently in each individual, but some of the most common symptoms observed are:

- Pain
- Swelling
- Catching or locking of the knee joint
- Inability to fully extend or bend the knee
- Limping

The symptoms of a Meniscus Tear could be similar to other medical conditions or problems of the knee. It is crucial to always consult a healthcare provider for a proper and timely diagnosis.

Diagnosis

If a Meniscal Tear is suspected, an Orthopaedician will evaluate the patient's history and conduct a thorough medical examination of the knee. Investigations like X-ray and an MRI may be advised to confirm the diagnosis and further evaluate the knee joint.

Meniscus Tear indicated by an MRI scan can be graded as follows:

- **Normal:** No abnormal signal intensity
- **Grade 1:** Small focal area of increased signal intensity, with no extension to the articular surface
- **Grade 2a:** Linear abnormal signal intensity with no extension to the articular surface
- **Grade 2b:** Abnormal signal intensity reaches the articular surface, but on a single image
- **Grade 2c:** Globular wedge-shaped abnormal signal intensity with no extension to the articular surface
- **Grade 3:** Abnormal high signal intensity extends to at least one articular surface (superior or inferior). This type is referred as a Definite Meniscal Tear

Grades 1 and 2 are not considered severe whereas Grade 3 is an actual Meniscus Tear and requires immediate attention.

Treatment

Treatment options may include:

- **Rest:** Give the leg a break by avoiding activities that aggravate the pain:
- **Ice:** Applying ice to the affected area can help reduce swelling and inflammation
- **Anti-inflammatory medications:** Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) can help reduce pain and inflammation
- **Physiotherapy:** A Physiotherapist can guide the patient through exercises to strengthen the muscles in the upper and lower leg, improving the flexibility of the knee and increasing its range of motion
- **Surgery:** Surgical repair of the torn meniscus can be done arthroscopically. In some cases, a Partial or Total Meniscectomy may also be advised depending on the severity of the tear

When to seek medical attention

If one experiences severe pain or locking of the knee, they should consult a healthcare professional. Early intervention and proper care are crucial for managing Meniscus Tear effectively. If there are any concerns or questions, do not hesitate to seek advice from a healthcare expert.