

## **Meniscus tear**

### **Knee anatomy**

In general, joints are made up of all the elements that help bones join together. The knee is the largest joint in the human body and it consists of:

- Joint surfaces covered in cartilage: the distal head of the femur (epiphysis); the proximal head of the tibia and the posterior surface of the patella (knee cap);
- Means of joining: the capsule and the ligaments (medial and lateral collateral, anterior and posterior cruciate, patellar etc.);
- Medial and lateral menisci located between joint surfaces.

### **Meniscus tears**

The two menisci (medial and lateral menisci) can easily tear with a rotation movement of the knee during effort. Partial or total tear of the meniscus occurs during sudden torsion or rotation movements of the thigh while the foot remains in one place (e.g. during a sudden rotation movement when hitting a tennis ball). The gravity of the tear depends on its location and extension.

### **Symptoms**

- Moderate or severe pain. Severe pain usually occurs when a fragment of meniscus remains stuck between the femur and the tibia.
- Tumefaction;
- Joint obstruction;

The symptoms of the meniscus tear can suddenly disappear, but usually they persist and require treatment.

### **Treatment**

The method of treatment is chosen by the doctor based on the degree of meniscus tear, the integrity of the other structures of the knee, the patient's degree of activity, his/her age, the general state of health and the time elapsed since the accident.

If these tears require surgery the patient can undergo a minimally invasive arthroscopic surgical intervention.