

## **MENISCAL TEAR**

### **WHAT IS A MENISCUS**

The meniscus are made up of tough cartilage that cushion the knee joint. The medial meniscus rests on the medial plateau of the tibia, and the lateral meniscus rests on the lateral plateau. The menisci help to

### **OUTLINE OF INJURY AND CAUSE**

distribute the weight evenly through the joint.

Tearing of the menisci can occur with forceful twisting of the knee especially when bent, or it may accompany other injuries like ligament strains. The medial meniscus is the most common meniscus injury, Due to it being less mobile.

### **SIGNS AND SYMPTOMS**

Pain in the joint of the knee, catching or locking in the joint. Some swelling may occur

### **REHABILITATION/PREVENTION**

After repair, strengthen the muscles surrounding the knee to prevent injury from happening again. Having strong hamstrings and quadriceps help support the knee and prevent the twisting movement that may cause a meniscus tear. The muscles should be stretched regularly. Most meniscus tears heal fully with no long-term limitations.

### **WHEN DO YOU SEE SOMEONE FOR HELP?**

Your LifeCare Practitioner will be able to provide an accurate diagnosis and an appropriate management plan. Often this problem can require a Sports Medicine Doctor, Physiotherapist, and/or Podiatrist to assist.