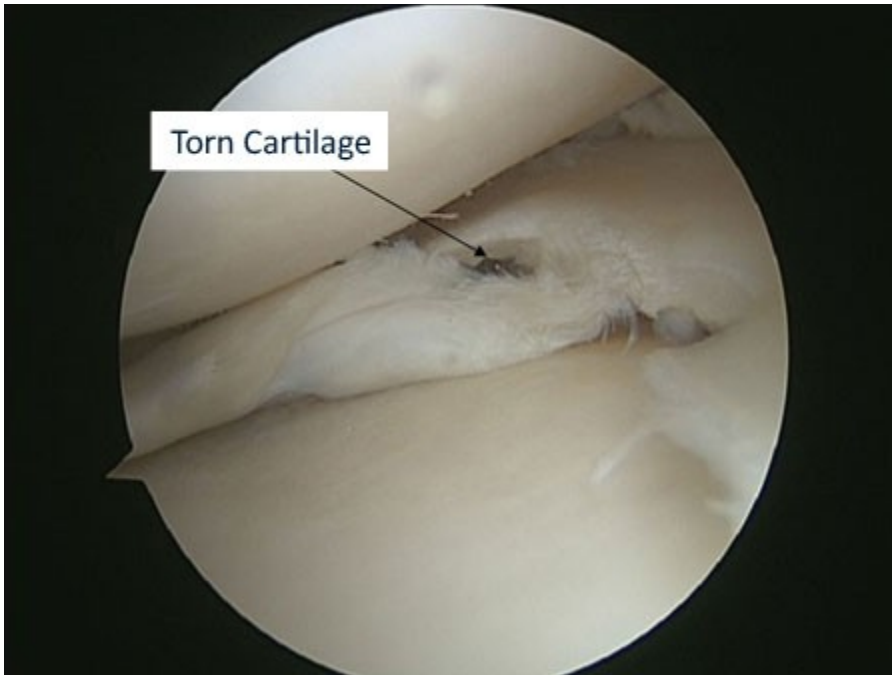


Torn Cartilage (Meniscus)

What is a Torn Cartilage (Meniscus)?

A tear in the Cartilage (Meniscus) which acts as a shock absorber within the knee.



What is the cause?

Twisting while your knee is bent and all your weight is on it. This may be during sport or every day activities.

Sometimes you cannot remember an injury.

What problems does it cause?

Pain or aching within the knee. This is worse when you use the knee.

The knee may swell after exercise.

The knee may get stuck (Lock) so that you cannot physically straighten it.

Investigations

Mr Raj will examine your knee and discuss the problems that it is causing.

X-rays are usually required.

If Mr Raj thinks it appropriate he will arrange a MRI Scan (Magnetic Resonance Imaging Scan).

Options

A Torn Cartilage (Meniscus) makes it more likely that you will get Arthritis when you are older, as the knee has been damaged.

If the Torn Cartilage (Meniscus) is left alone then it can cause more damage to the knee.

An [Arthroscopy \(Scope / Telescope\)](#) of the knee allows the torn part of the Cartilage (Meniscus) to be removed or repaired. This stops the tear from causing more damage to the knee.

[Meniscal Tears - Your Orthopaedic Connection - AAOS](#)