



MENISCAL INJURIES

*Understand your injury.
Know your next steps.*

What is a Meniscal Injury?

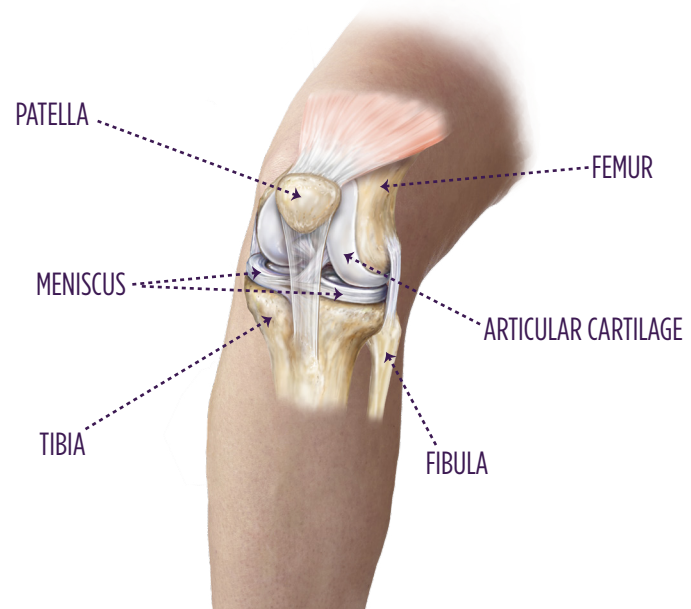
There are two types of cartilage in the knee. The first, articular cartilage, covers the ends of the bones and allows the joint to glide smoothly. The second type, meniscal cartilage, sits on top of the tibia (shin bone) and forms two C-shaped wedges—the medial, and lateral menisci. These cup the rounded end of the femur (thigh bone) and provide cushion and stability. The menisci protect the articular cartilage of the femur and tibia prevents them from rubbing together. As we age the menisci degenerate, making them more susceptible to injury. The menisci can also be damaged in a twisting type of injury.

What are the symptoms?

- >> Knee pain, often with swelling
- >> Pain worse with bending the knee or climbing stairs
- >> Occasionally popping or locking sensations in the knee

How does my specialist diagnose it?

The diagnosis of meniscus injury is made partly based on the description of your pain as well as your response to specific physical exam tests in the office. X-rays can rule out other disorders such as fractures or arthritis. An MRI allows your specialist to clearly see the menisci of the knee as well as other important structures and determine the extent of your injury.



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MENISCAL INJURIES

What are the treatment options? What does my specialist recommend?

Your knee specialist has developed a treatment plan based on your specific situation. His or her recommendation, for you, has been selected from the treatment options below.

	TREATMENT	DESCRIPTION	MY NEXT STEP
<input type="checkbox"/>	ICE	After injury, and for recurrent pain or swelling, place a bag of ice directly on the knee for twenty minutes to prevent swelling and inflammation	Contact us if symptoms do not improve (651) 968-5201
<input type="checkbox"/>	ANTI-INFLAMMATORY MEDICATION	Over the counter medications such as Aleve, Advil, Motrin, and aspirin can be used to help reduce swelling and pain.	Pick up medication, and start regularly taking it as your doctor recommends
<input type="checkbox"/>	BRACING	A brace worn during activity can provide support. Your specialist may prescribe crutches and/or a knee brace for comfort.	Set up a bracing appointment (651) 968-5201
<input type="checkbox"/>	INJECTIONS	In some cases injections may be beneficial in decreasing pain and inflammation within the joint, and may help avoid surgery.	Set up an injection appointment: (651) 968-5201
<input type="checkbox"/>	PHYSICAL THERAPY	Physical therapy may reduce stress on the knee joint by increasing strength in your hips and knees, improving range of motion, and teaching you proper walking or running mechanics.	Set up a physical therapy appointment: (651) 968-5600
<input type="checkbox"/>	WELLNESS	Start with a free wellness consult to explore your goals and what tools are available to you.	Set up a wellness consultation: (651) 968-5766
<input type="checkbox"/>	INTEGRATED PHYSICAL THERAPY AND WELLNESS	Our team of physical therapists, performance specialists, and registered dietitians works collaboratively with you in designing an integrated rehabilitation plan that will help you reach your full potential.	Set up an integrated consultation: (651) 968-5766
<input type="checkbox"/>	SURGERY	In some cases surgery is the most effective treatment. Meniscus surgery usually involves removing the torn and painful tissue using an arthroscope.	Set up surgery appointment: (651) 968-5201

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