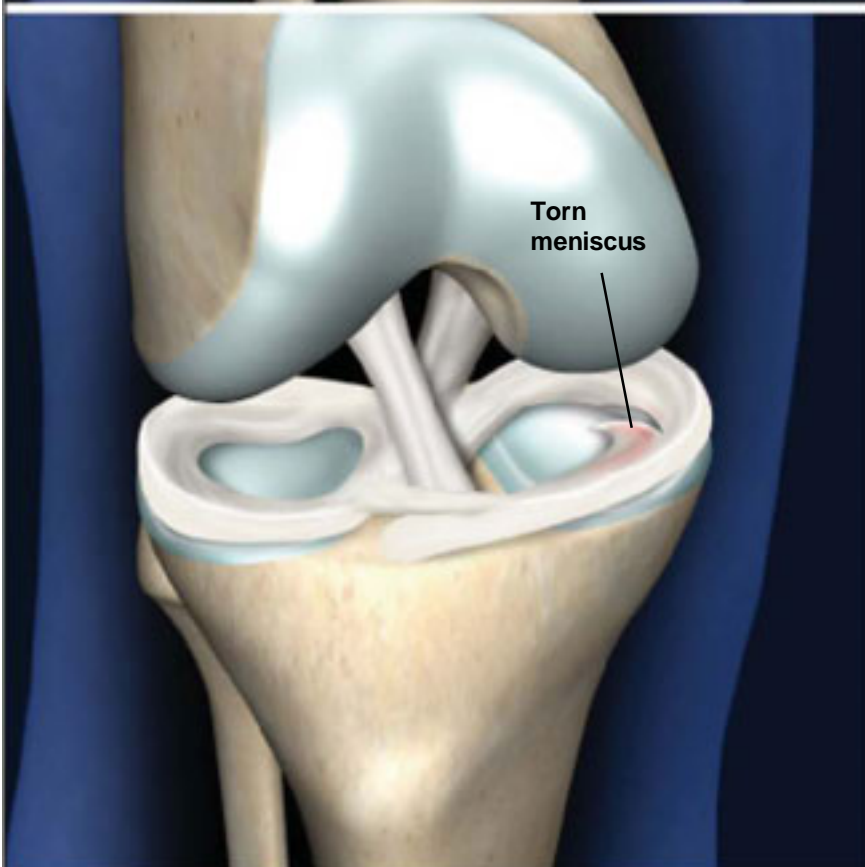


MENISCUS TEARS



Overview

The meniscus is comprised of two c-shaped wedges of cartilage that cushion and stabilize the knee joint. A torn meniscus can cause pain and limited mobility in the knee.

Causes

The meniscus can become torn from injury or trauma to the knee, or from degenerative conditions such as osteoarthritis. Since most of the meniscus has no blood supply, these tears are difficult to heal and may worsen over time.

Symptoms

The most common symptom of a meniscus tear is pain in the knee. Other symptoms may include swelling, tenderness when pressing on the sides of the knee joint, a popping or clicking sound or sensation when moving the knee, or limited mobility.

Treatment

Treatment options for torn meniscus include rest, cold compress, physical therapy, anti-inflammatory medications and immobilization of the knee in a brace or cast. Severe cases may require surgery.