Treatment Options for Meniscal Tears
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What is the Meniscus
• Biphasic Material (water/collagen)
• Type I / Type II Collagen
• Medial & Lateral (sup/inf) genicular arteries

What is the Function of the Meniscus
• Dissipate Hoop Stresses
• Functions in load transmission
• Reduces stress on articular cartilage
• Contributes to joint lubrication & nutrition
Meniscal Excursion

Mechanism of Injury

Treatment Options

• Conservative

• Surgical Intervention
Conservative Treatment

- Indications
- Interventions

Surgical Intervention

- Meniscal Debridement
- Meniscal Repair

- Meniscal Replacement
**Historic Treatment/Outcomes**

- Complete Menisectomy

**Current Treatment Intervention**

- Meniscal Partial Debridement

**Meniscus Repair Indications**

- Location
- Size
- Pattern
- Age
- Associated Injuries
Repair Techniques

- All Inside (most commonly used)

Outcomes

- Healing rates
- Return to Pre-Injury Activities
- Retards Accelerated Arthritis

Thank You!