
EDITORIAL

Torn Meniscus: Causes and Complications

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Introduction

Meniscus is a crescent shaped cartilage that is present in the knee joint. Knee is the largest joints in our body. Knee consists of three bones namely tibia, femur and patella. Between these bones meniscus is present. Meniscus acts as a shock absorber during any kind of sudden and unexpected events. Torn Meniscus is a condition where the cartilage of the meniscus is torn, it might be mild tear sometimes it even might be severe.

Torn Meniscus is common in athletes, age old people and persons suffering with the arthritis. Meniscus gets torn when the knee gets suddenly twisted or because of a sudden blow. This usually happens in the athletes playing football, basketball, Rugby. In some conditions the meniscus cartilage gets worn off because of arthritis condition or because of age. Symptoms of the Meniscus are support given to the body by the knee for standing or any other activity is interrupted, there will be inflammation of knee joint, stiffness of joint, joint pain and movement of the leg is hard. The Diagnosis of the Torn Meniscus is usually done by methods like X-ray, MRI Scan or Arthroscopy. Arthroscopy is the best method for finding the defects in the joints and bones, but it is a painful process.

Treatment recommended is medication and the RICE protocol. The Medication taken is the use of Non –Steroidal Anti-inflammatory agent like Ibuprofen for reducing the pain and inflammation. RICE protocol is resting the leg without giving it any burden, Placing the ice pack on the knee several times a day, this gives relaxation from pain and

inflammation, Use of Compressed band to give support to the knee for few days and placing the knee in elevated position than heart in order to reduce the inflammation. Sometimes based on the severity of the injury, Physiotherapy or surgery is suggested. If the Torn meniscus is not treated properly, it will not stabilize the knee like before and might lead to further complications.

Surgical procedures followed are of two types based on the intensity of damage caused. When the meniscus has a small tear, suture is performed, this takes more time for the recovery. When the torn meniscus part cannot be repaired, that small damaged part of the meniscus is cut, this process is called Partial Meniscectomy, the recovery period is short and the knee will as perfect as before. Even after the surgery is performed individuals need to undergo physical therapy.

Meniscus tear can be prevented by following the tips like performing regular exercise and warm-up to strengthen your bones and joints, usage of knee braces to support knee during the accidental blows, using proper footwear during the sport which will comfort feet and cause less accidents, follow accurate techniques in the particular sport in order to reduce the frequency of damages or accidents.

Meniscus Tear might a small ailment but takes weeks to months for healing. One needs to follow accurate methods to avoid such incidents, in case of any they need to consult physician and necessary measures to overcome the consequences.