

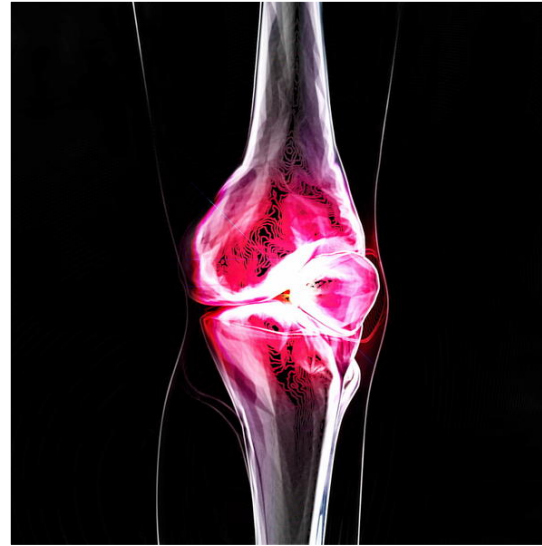
Should I have surgery?

Not all meniscus injuries require surgery. Many factors are considered when determining if surgery is the right option for you, including:

- ✓ Size, location, & type of injury
- ✓ Damage to other structures
- ✓ Your age & overall health condition



Talk to your physician and physical therapist about your options and which choice is right for you.



Physical Therapy can help:

- Decrease pain
- Improve function & mobility
- Develop strength & range of motion
- Increase flexibility & balance

Image sources

www.healthtap.com
www.orthopedics.about.com
www.morphopedics.wikidot.com
www.inkymousestudios.com
www.imagine-mexico.com

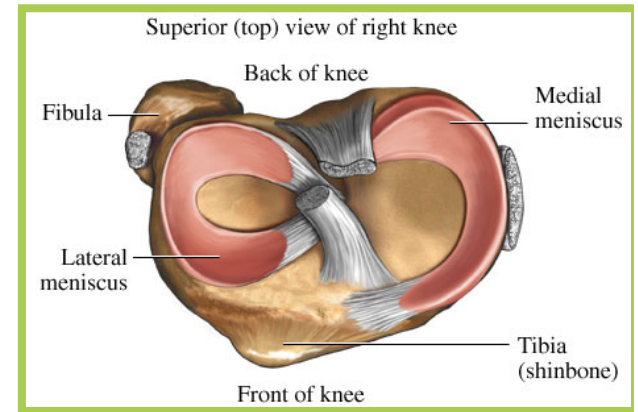
Meniscus Surgery

What you should know

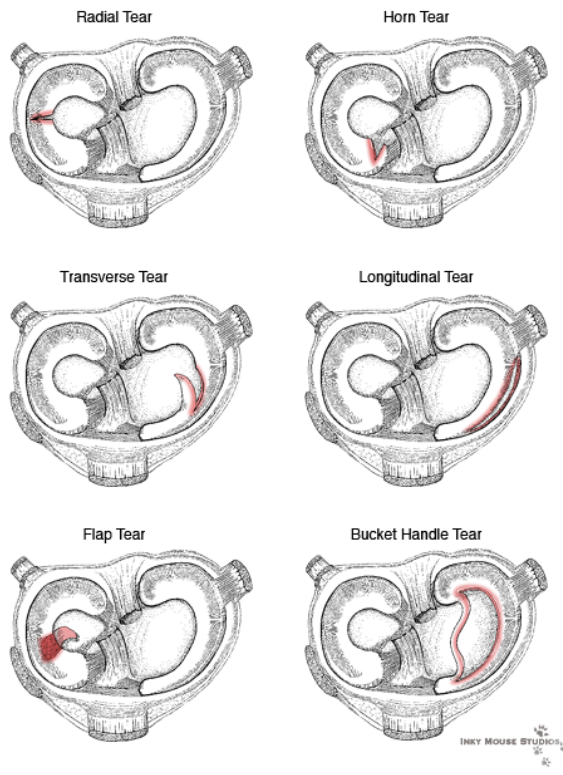


What is the meniscus?

The meniscus is a C-shaped wedge that sits in the knee, between where the thigh bone (femur) meets the shin bone (tibia). There are two in each knee – one towards the middle (medial), and the other towards the outside (lateral). The meniscus is spongy cartilage that acts as a shock absorber to protect the smooth cartilage that lines the joint surfaces. Not having the meniscus as a cushion can allow painful destruction of the smooth cartilage (osteoarthritis).



Common Meniscus Tears



Types of Surgery

Meniscectomy

Partial Meniscectomy – removes just the injured part of the meniscus. This type is preferred over a total meniscectomy in order to preserve as much of your original meniscus as possible.

Total Meniscectomy – this type of surgery removes the entire injured meniscus and significantly increases your risk for developing osteoarthritis later in life.

Repair

This type of surgery repairs the injury while leaving the entire meniscus in place. A repair is performed when possible, but depends on the location and severity of your injury.

Compared to meniscectomy, repairs are less likely to develop osteoarthritis and give you a better chance of returning to your pre-injury level of activity.