Meniscus Tear

What is it?

Fibrocartilage cushion of the knee joint is torn due to forceful twisting of the knee

What causes it?

Forceful twisting of the knee joint, most commonly seen when the knee is also bent. May accompany ligament strain as well. The unhappy triad is when a blow to the lateral side of the knee causes tearing of the medial collateral ligament (MCL), the anterior cruciate ligament (ACL) and the menisci.

Symptoms

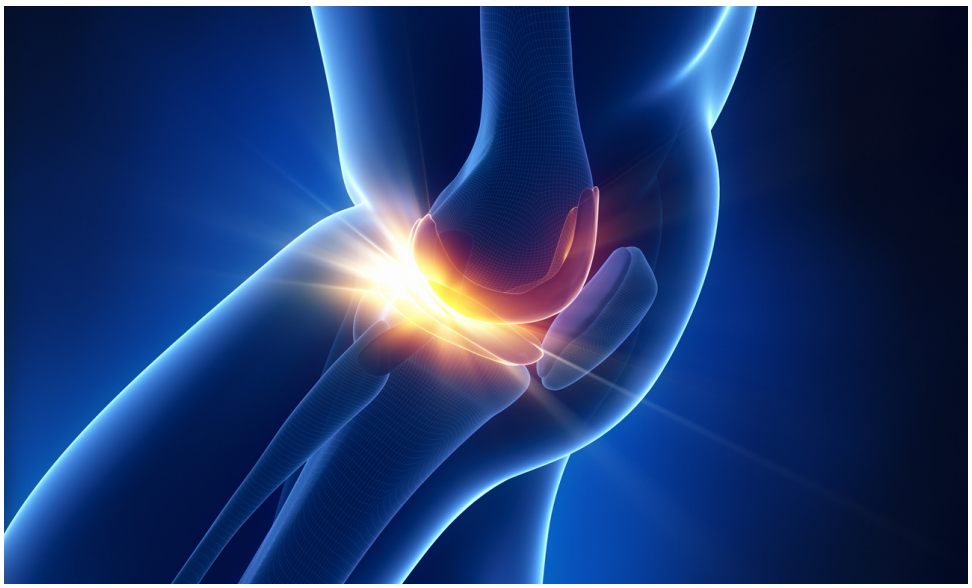
Pain in the knee joint. Some swelling. Catching or locking in the joint.

Top Tips

Use ice packs and anti-inflammatories to manage pain

How to Treat it

RICER. Immediate referral to medical professional. Immobilisation.



Rehab & Prevention

Strengthen the muscles surrounding the knee to prevent injury happening again. Strong quadriceps and hamstrings help to support the knee. Stretching. Weight bearing to be introduced gradually, along with the restart of any activity.

Definitions

Meniscus – a thin fibrous cartilage between the surface of the bones in the knee. Absorbs and cushions impact, wear and tear
MCL – band of tough fibrous tissue on the inside of your knee, connecting thigh bone to the bone of your lower leg. Stops the knee from bending inwards.
ACL – band of tough fibrous tissue at the front of your knee, connecting thigh bone to the shin bone of your lower leg. Helps to stabilise the knee joint.
RICER – refer, ice, compress, elevate and refer

Associated Conditions

- Medial Collateral Ligament Sprain (MCL)
- Anterior Cruciate Ligament Sprain (ACL)
- Bursitis
- Knee (synovial) Plica
- Osteochondritis Dissecans
- Patellofemoral Pain Syndrome
- Patellar Tendinitis (Jumper's Knee)
- Chondromalacia Patellae (Runner's Knee)
- Subluxing or Dislocating Knee Cap

Get Help Now

Products

Purchase sports injury products from Physique - ice, heat, resistance bands, physio ball - smooth and stickle

10% DISCOUNT WITH CODE: **BODYMECHANICS**

Services

Online Physical Therapy, Massage and Yoga from Body Mechanics

BOOK NOW

References: The Anatomy of Sports Injuries by Brad Walker, Anatomy & Physiology by Louise Tucker and Google.com