

Meniscus Pain - Knee

Meniscal tears are a common injury of the knee. The meniscus are c-shaped discs that are designed to add a cushioning layer inside the knee joint. A torn meniscus can alter the way the knee joint functions, and can be painful.

Cause:

- age- degeneration on the joints can wear thin on the meniscus
- gender- women are more susceptible due to most women being knock-kneed.
- high impact sports
- any quick twisting or turning motion

Symptoms:

- Instability or sensation of giving way
- swelling
- pain with range of motion
- decreased range of motion
- any clicking or catching inside the joint

Treatment:

Diagnostic imaging is usually needed in order to properly diagnose any meniscal tear. Depending on the severity of the tear, rest may be all you need. If there is any clicking or decreased range of motion at the joint or pain with movement, then an orthopedic surgeon will arthroscopically scope the knee and repair or remove any damaged portion of the meniscus. In which case the healing process is that much longer of a timeline. Depending on the severity of the tear, a brace may be recommended as well.

Brace Recommendation:

Depending on the severity of the tear, the Bauerfeind Genutrain S and the custom Bledsoe Z12 brace are most commonly prescribed. The genutrain S will act on minor meniscus tears and the Z12 will act on more severe tears.

