Title: Knee Injuries: The Meniscus. Causes, Symptoms, Diagnosis, Treatment.

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Abstract: A meniscus injury is most often caused by twisting the leg while the foot is supporting body weight. Patients will often have a popping or tearing feeling followed by severe pain and potential swelling. This pamphlet describes meniscus injuries and outlines the diagnosis, immediate treatment, long-term treatment, and provides a follow-up plan.

This document was created by a medical student enrolled in the Primary Care Clerkship at the University of Minnesota Medical School as part of the course project. The aim of the project is to present information on a medical topic in the format of a patient education handout. It does not necessarily reflect the views of the University of Minnesota Medical School physicians and faculty. These materials are provided for informational purposes only and are in no way intended to take the place of the advice and recommendations of your personal health care provider. The information provided may no longer be up to date since it has not been reviewed since the date of creation. The information provided should not be used to diagnose a health problem or disease, or as a means of determining treatment. In the event of a medical emergency, immediately contact a doctor or call 911.
What is a meniscus?

Knee Injuries: The Meniscus

For more information on meniscus tears:
Go to: http://medlineplus.gov/
Search: meniscus tear

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Causes
- Most people with report knee pain after twisting their leg while the foot is supporting body weight

Symptoms
- Often popping or tearing feeling followed by severe pain
- Swelling within a few minutes to several hours

Diagnosis
- The doctor performed special tests today that suggested you may have torn part of a meniscus
- Your doctor will repeat those tests at your next visit
- A special image of your knee called an MRI can be taken to help the doctor understand if your meniscus is torn

Immediate Treatment
R=Rest
I=Ice
C=Compression
E=Elevation

For Pain control, use the following:

<table>
<thead>
<tr>
<th>Drug</th>
<th>Amt</th>
<th>Max freq</th>
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YOUR DOCTOR WANTS TO SEE YOU BACK IN CLINIC ON:

_________________________ (date)

@______________________ (time)

Long-Term Treatment
- You may be sent to an orthopaedic surgeon to examine and possibly surgically fix your meniscus if necessary

If your pain gets a lot worse or you start to lose feeling below your knee, contact your doctor by calling:

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