KNEE ARTHROSCOPY: TORN MENISCUS TREATMENT

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INTRODUCTION

✓ ARTHROSCOPE
  • AN ILLUMINATED OPTICAL SLENDER INSTRUMENT USED TO LOOK DEEP IN JOINTS.

✓ MENISCUS
  • C-SHAPED RUBBERY LIGAMENT ACTS AS A SHOCK ABSORBER

✓ TORN MENISCUS
  • A TEAR IN THE MENISCUS
  • TEARS MAY VARY BETWEEN 3 TYPES
MENISCUS TEAR

• MORE THAN 200,000 CASES PER YEAR IN THE US

• CAUSED BY QUICK TWISTING OR TURNING OF THE KNEE JOINT, SPORTS ACTIVITIES OR HEAVY LIFTING.

• SYMPTOMS - SLIGHT PAIN AND SWELLING, STIFFNESS, LIMIT TO KNEE MOBILITY, INABILITY TO STRAIGHTEN KNEE JOINT (LOCKING), WOBBLY FEELING.

• TREATMENTS – PHYSICAL THERAPY, MEDICATIONS, SELF CARE (RICE) AND SURGERY
ARTHROSCOPIC KNEE SURGERY

• PERFORMED BY AN ORTHOPEDIC SURGEON
• REMOVES DAMAGED PORTION OF THE MENISCUS
• TAKES BETWEEN 45-90 MINUTES
• SEDATIVES ARE GIVEN (SPINAL, LOCAL OR GENERAL)
ARTHROSCOPIC KNEE SURGERY (CONT’D)

1. Begins by making 3 small openings or ports around anterior knee area
2. Injects a sterile solution through a port, to push surfaces apart for easy viewing of structures
3. Inserts arthroscope and shaving instrument through remaining ports. Images are magnified and projected on a screen for a surgeon.
4. Locates the tear and uses the shaving instrument to eradicate the tear and smoothen out the meniscus.
5. All 3 instruments are removed and the surgeon checks up the knee (for bleeding)
6. Sutures are used to seal the openings
Arthroscopic Knee Surgery

Instruments are inserted into knee joint and damaged tissues are repaired.

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WHAT HAPPENS POST SURGERY?

• PATIENTS ARE TAKEN TO THE RECOVERY AREA FOR MONITORING
• THEY WILL BE GIVEN PAIN MEDICATIONS
• RECOMMENDED THAT PATIENTS STAY IMMOBILE (FOR 2 WEEKS)
• DEPENDING ON THE PATIENT, COULD BE RELEASE WITHIN A FEW HOURS.
• PHYSICAL THERAPY
INFORMATION REGARDING THE SURGERY

• HAS AN ESTIMATED COST OF $5000
• HIGHEST VOLUME PROCEDURES (PEOPLE DEPEND ON IT)
• EFFECTIVE FORM OF TREATMENT FOR THIS INJURY
• AVERAGE RECOVERY TIME IS 4-6 WEEKS
OTHER ALTERNATIVES

• GLUCOSAMINE AND CHONDROITIN SULFATE
• VISCOSUPPLEMENTATION
• TOTAL KNEE REPLACEMENT (MOST EFFECTIVE)
PROS AND CONS REGARDING THE TREATMENT

1. PROS
   • SIMPLE, MINIMALLY INVASIVE
   • OFTEN TIMES JOINTS NEED TO BE CLEANED OUT
   • HIGHLY EFFECTIVE

2. CONS
   • A SURGERY IS A SURGERY! REGARDLESS, THERE WILL BE SOME AMOUNT OF PAIN AND TRAUMA YOUR BODY FACES
   • STILL INFERIOR TO TOTAL KNEE REPLACEMENT.
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