



Meniscus Injury

The menisci are two fibro cartilage rings between the upper and lower bones of the leg, within the knee joint. They act to absorb shock and to increase the efficiency of leg movements. The medial meniscus is more frequently injured. The injury may occur when the foot is on the ground, and the leg is rotated inwards awkwardly. The lateral (outside of the knee) meniscus is most commonly injured when an outward rotation of the leg occurs. Some of the symptoms of a meniscal injury include clicking or locking of the knee, and swelling and pain around the area.

Treatment will initially consist of controlling the inflammation, stabilizing the area and encouraging the healing process using modalities such as ice, ultrasound, and acupuncture. Strengthening and functional exercises to stabilize the area will be added as appropriate.

The therapeutic modalities commonly used include:

Ultrasound: uses sound waves and may be used to decrease scar tissue, increase blood flow, or decrease pain.

Interferential Current: uses electrical current to decrease pain, can also be used to elicit muscle contraction and decrease swelling.

Acupuncture: uses small, solid needles to encourage healing, reduce pain, and improve function of affected areas of the body.

What can you do at home?

Rest: by decreasing your activity you allow your body a chance to heal itself. When you start to feel better it is important to ease back into activities which might be aggravating. Listen to your body - pain means that you have done too much.

Ice: ice decreases the metabolism of your cells so that they do not die despite a decrease in oxygen to the injured area. Ice should be kept on for approximately 15 minutes, several times a day. The injured area should be elevated (above the level of your heart) at the same time. Use a wet towel between the ice and your skin to protect against frostbite. You can use frozen veggies, cold packs, or real ice.

