

# MENISCUS TEAR



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## WHAT IS IT?

Meniscus is the fibrocartilage component in the knee which sits on top of the tibial plateau. There is a medial and a lateral meniscus. Meniscal tears can occur in acute injuries or be degenerative in nature. These tears can range in severity and symptom pattern.



## SPECIAL TESTS

- Thessaly
- McMurray
- Apley Compression
- Palpation: joint line tenderness
- Symptom pattern: buckling, clicking, locking, giving way
- Imaging: MRI

## DIFFERENTIAL DIAGNOSIS

- Acute
  - ACL rupture
  - MCL/LCL injury
  - Hamstring injury
- Degenerative
  - DJD
  - Discoid defect
  - Chondral defect
  - Patellofemoral pain



## TREATMENT EXAMPLES



- Acute
  - Get patient comfortable
  - Ice, gentle ROM
  - Limit inflammatory process
  - Restore function
- Surgical intervention - meniscectomy or repair
- Nonsurgical intervention
  - Progressive strength training
  - Activity modification
  - Low grade joint mobilization

## EXAMPLE QUESTION

A patient presents to the clinic reporting they felt a pop in their knee when playing soccer. The patient states that they are concerned they have a meniscus tear. Which of the following special tests is most appropriate?

1. Pivot Shift
2. Prone Dial
3. Lachman
4. Thessaly

Answer: Thessaly

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