

# Arthroscopically Significant Meniscus Tear In Asymptomatic Patients

Murugan K

Orthopaedic Department, University Sains Malaysia, Kelantan

## Introduction:

Meniscus injury accounts for most common injuries around knee joint. In acute settings, lateral meniscus is most commonly injured along with ACL and chronic tear occurs in medial meniscus which anatomically predisposed. Most patients present with knee pain, locking symptoms or arthritis pain if meniscus injury was chronic. Diagnostic could be direct if the mechanism injury, symptoms and physical examination suggestive of meniscus injury. The sensitivity of joint line tenderness, positive McMurray test, and Apley Compression test in diagnosing meniscus injury are significantly high, falls at 80% for medial meniscus and 92% for lateral meniscus injury.<sup>1</sup>

However there are cases which presented later without symptoms and also positive examination findings which may lead to neglected meniscus injury.

## Report:

Case 1, 19 years old student presented with history of sports injury while playing Rugby. The mechanism of injury was sudden change of position in attempt of running. He subsequently had pain and swelling of knee.

Case 2, 19 years student involved in sports injury since Feb 2017. He later on presented with left knee discomfort and intermittent pain which also associated with instability.

Both patients did not complaint about symptoms suggestive of meniscus injury

such as locking, or clicking and examination was negative of meniscus injury.

However, during arthroscopic assessment both patients was diagnosed with meniscus injury. Case no 1, had longitudinal tear of posterior horn of medial meniscus and case no 2, was confirmed to have both medial and lateral meniscus injury. The medial meniscus was longitudinal tear over posterior horn and lateral meniscus had changes suggestive of old complex tear.

## Discussion/Conclusion:

We would like to emphasise that initial adequate history taking on mechanism of injury may give a valuable clue in suspecting meniscus injury as well as diagnosing it. Asymptomatic neglected meniscus injuries may lead to predictable arthritis changes as the meniscus thought to have role in proprioception of knee joint and distribution of stress. Any case with mechanism of injury suggestive of meniscus injury, should be carefully evaluated for meniscus pathology so the further damage to joint could be preventable. Early arthroscopic assessment or MRI could help in diagnosis of meniscus injury promptly.

## References:

1. Jacob B, Diagnosis and Management of Meniscal Injury, Rhode Island Medical Journal, Oct 2016:pg27-30