

# **Meniscus RAMP Lesions: Underdiagnosed Preoperatively However Essential To Be Repaired**

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## **INTRODUCTION:**

Meniscal ramp lesions is associated with anterior cruciate ligament (ACL) injuries more now than previously recognized. It is reported in 9.3-17% in published literature. However it is often not detected in MRI. Other common physical examination tests are not sensitive for identifying ramp lesion. Hence it is vital to perform a systematic arthroscopic exploration to diagnose these "hidden" lesions.

## **REPORT**

A 18 year old gentleman sustained sports injury 7 months prior to presentation and had pain and instability over his right knee. He sought traditional massage repeatedly and performed self-physiotherapy. Clinically, there was a positive anterior drawers test with no joint line tenderness and positive pivot test, but a negative Mc Murray test. Patient had a range of motion of 0-130 degree flexion but with terminal flexion pain. MRI was performed and no RAMP lesion was detected. He underwent right ACL reconstruction using hamstring autograft and noted intraoperatively to have tear of the peripheral attachment of the posterior horn of the medial meniscus by using 70 degree scope through intercondylar notch. We proceeded to repair the lesion but with difficulty due to lack of proper instrument. Arthroscopic Right RAMP Lesion of medial meniscus was repaired through posteromedial portal using all inside suture technique. Postoperatively, he was advised for 6 week non weight bearing crutchers as well as quadriceps strengthening. He now full weight bear with full ROM knee.

## **CONCLUSION:**

MRI is important in evaluating the posteromedial meniscocapsular junction as physical exam findings are non-specific. However, the literature is limited in its

assessment of the evaluation of ramp lesions on MRI and have been reported to have low sensitivity to detect ramp lesions; therefore, a systematic arthroscopic algorithm should be utilized to fully identify these lesions.

## **REFERENCES:**

1. Bollen SR. Posteromedial meniscocapsular injury associated with rupture of the anterior cruciate ligament: a previously unrecognized association. J Bone Joint Surg Br. 2010;92:222-223.