

Knee Cartilage Injuries

Injury to the knee cartilage is often associated with knee pain during weight bearing, knee joint swelling and possibly clicking, locking or giving way of the knee.

The meniscus (cartilage) is the knee's most important shock absorber. As well as absorbing shock the meniscus help to stabilize the knee, controlling movement and aiding in joint nutrition and lubrication.

Causes

Meniscal tears can occur with both normal activities of daily living or during sporting activities. The meniscus are usually torn when the knee twists while in a weight bearing flexed position, however any sudden twisting of the knee can tear the cartilage, causing pain, swelling and a catching or locking sensation.

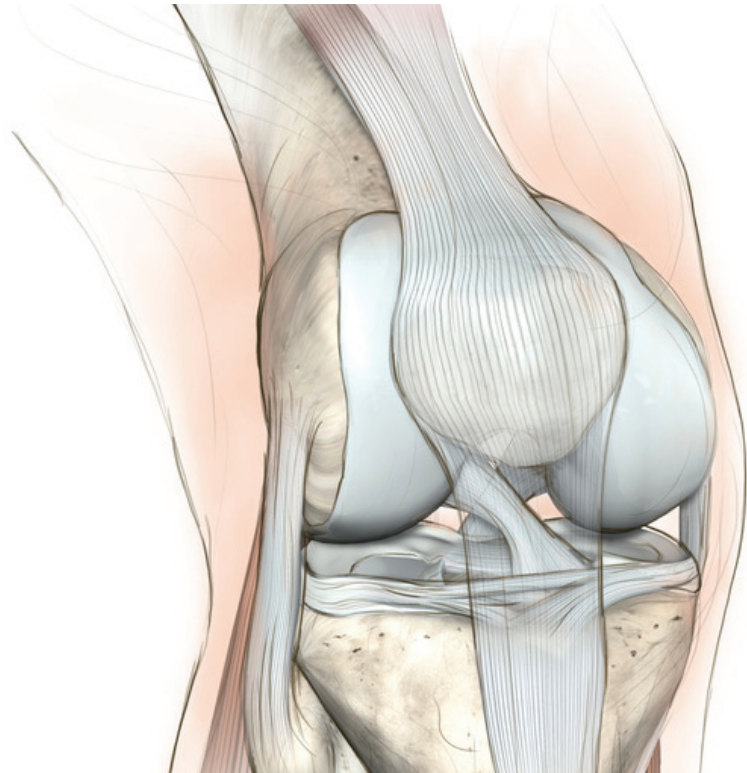
Symptoms

The most common signs and symptoms of a cartilage injury are:

- Clicking
- Locking of the knee
- Knee giving way
- Knee effusion (swelling/tightness inside knee)
- Pain with bending knee and weight bearing

(NB: These signs and symptoms are also common to other knee injuries, it is therefore important to ensure your knee is assessed by your doctor or physiotherapist).

If you need more information feel free to ask your physiotherapist.



Treatment

IMMEDIATE CARE

1. Rest
2. Ice (20 minutes on, 1 hour off for the first 3 days)
3. Elevation (raise body part above heart)
4. Possible anti-inflammatory medication (consult doctor / pharmacist)

If a meniscus tear is suspected, your physiotherapist will either:

1. Instigate a rehabilitation program;
2. Initiate a referral through your GP to a specialist orthopaedic surgeon or for a MRI.

The location and size of the meniscal tear will determine the appropriate treatment.

physio
place



Hours: Monday - Thurs: 8am- 7pm, Fri: 8am- 4pm, Sat / Sun: Closed

Address: 7A/ 28 Corporation Cct Tweed Heads South NSW 2486

Phone: 07 5523 9994 Fax: 07 5523 9991

Email: info@physioplac.com.au

Website: www.physioplac.com.au