<table>
<thead>
<tr>
<th>Mechanism of Injury:</th>
<th>Usually a twisting injury to the knee. Hyperflexion of the knee can also cause a meniscal tear.</th>
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</thead>
</table>
| Subjective symptoms: | • Pain with twisting (getting out of bed or car)  
• Acute sharp pain, intermittently returning during activities  
• Knee swelling  
• May wax and wane  
• Locking, catching, popping |
| Objective findings:  | Physical Exam:  
• Tenderness over the medial or lateral joint line  
• + Flexion-Compression-Rotation test (McMurray)  
• Joint effusion |
| Imaging:             | • Plain x-rays  
• MRI |
| Natural History:     | Imaging studies may be helpful for the location of the tear and in younger patients that may have a bucket-handle tear. The diagnosis is a clinical one! |
| Non-operative Treatment: | • NSAIDS  
• Activity modification  
• PT  
• Cortisone Injections |
| Operative Treatment: | Arthroscopic meniscectomy (older patients) or repair (younger patients) |
| MMI:                 | Non-operative:  
6-8 weeks  
| Operative:           | Operative:  
Meniscectomy: 6-8 weeks  
Meniscus Repair: 12-16 weeks |
| Work status until MMI: | Non-squatting, climbing, jumping  
|                      | No squatting, climbing, jumping |