

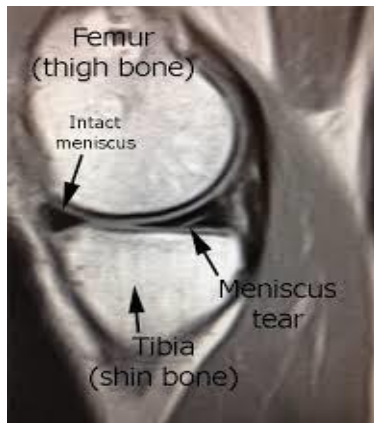
## Knee meniscal injury (disc, cartilage)

### Anatomy:

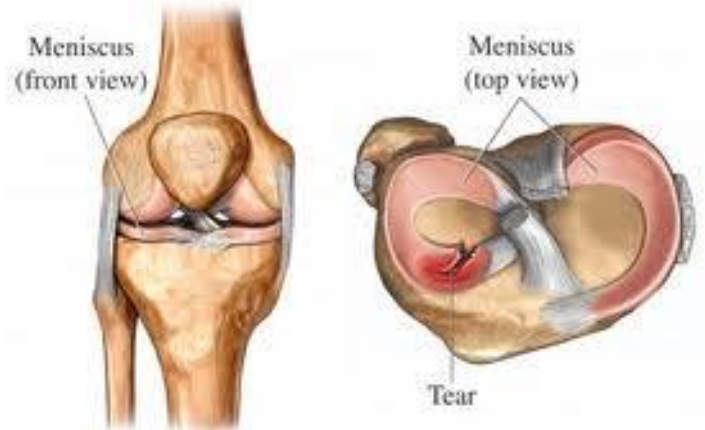
The knee joint is made up of the upper leg (femur) and lower leg (tibia) bones, as well as the knee cap (patella).

Within the space between the upper and lower leg, there are two discs (menisci) that absorb shock during activities that load the knee such as walking, running and jumping.

Menisci are composed of cartilage and therefore cannot be viewed by x ray.



Meniscal injuries are very common and are caused by a sudden or forced twisting of the knee when the foot is placed on the ground. The twisting movement causes the menisci to be caught between the femur and tibia and can cause it to be pinched between the joint surfaces, causing a tear in the disc.



### Symptoms:

Meniscal injuries are characterised by: Pain on the joint line of the knee, localised and sharp when pressed; Occasional locking of the knee when trying to bend or straighten the leg; Minimal swelling usually localised over the painful region, and may also notice clicking whilst walking.

### Treatment:

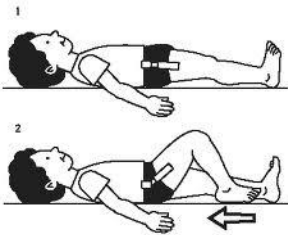
Physiotherapy consists of regaining full range of motion of the knee. This is achieved through a combination of mobilisation techniques and exercise prescription.

An important consideration with exercise is to maximise the quadriceps (thigh) muscles that stabilise the knee, and incorporate this with balance tasks.

Menisci that fail to respond to physio treatment will likely be referred by a specialist for an MRI scan in order to determine how severe the injury.

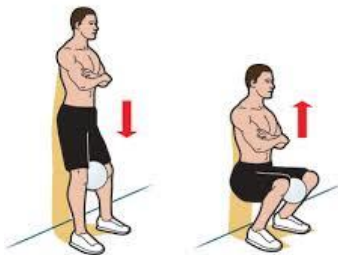
## Meniscal Injury:

### 1. Knee Slides:



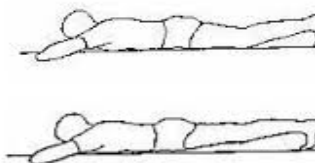
- Lie flat on your back.
- Slowly bend the knee toward you, sliding the heel along the floor
- Repeat 20 times
- Repeat 3-5 times per day

### 2. Wall Squats



- Stand with your back to a wall and the feet out in front of you.
- Place a ball/ towel between the knees to maintain the knee position
- Slowly lower down, as if sitting on a chair – the knees should remain behind the toes, and the hip and knee remaining in line with each other throughout the squat
- Squat and hold 10 s, remaining short of pain.
- Repeat 8-12 reps. 2 – 3 sets as able.

### Prone Knee exercise



- Lie on your stomach on a flat surface.
- Have your toes up on the bed.
- Straighten your knees, keeping your toes on the bed surface.
- Hold for 10s
- Repeat 10x 2 – 3 sets as able.

