

## DISCOID MENISCUS

The meniscus is the cushion of the knee and is between the femur and the tibia. It protects the joint surfaces during movement as well as acts as a cushion to protect the bones during movement. The meniscus conforms with the shape of the femur and assists, to some extent, the stability of the knee in conjunction with the surrounding ligaments.

There is a meniscus on the inside and outside of the knee. They are crescent shaped

A discoid meniscus is an overgrowth and results in over coverage of the tibia. It can be disc shaped or a partial disc.

In these circumstances of over coverage it is more prone to injury than a normally shaped meniscus as the disc does not conform with the shape of the bottom of the femur.

It is possible to never be aware that a discoid meniscus is present. It is generally when it is injured or torn that symptoms arise. Symptoms can arise in childhood and into adulthood.

### There are 3 types of Discoid meniscus

- Incomplete
- Complete
- Wrisberg (where the stabilizing ligaments for meniscus are absent. This can result in an unstable meniscus and mechanical symptoms)

### Investigations:

- X-rays of the knee and MRI of the knee

### Management:

- Not all Discoid menisci require management and an individual can have this without even knowing that they have it. Generally an arthroscopy to the knee is indicated if there is pain or mechanical symptoms or if there is a tear that requires a repair.

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Disclaimer: Information provided by this is purely for reference only and medical review and opinion is recommended. Please consult your caring medical practitioner

