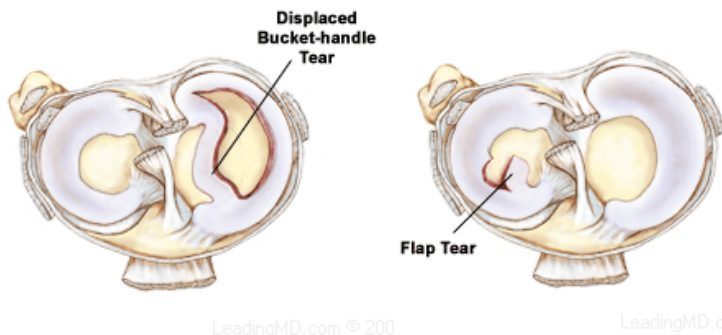
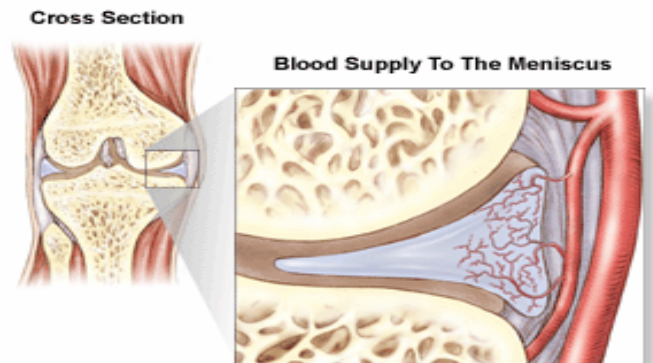




# Meniscal Cartilage Tears and Osteoarthritis: What is the Relationship?

Dr Christopher Vertullo MBBS FRACS

The Meniscal cartilages are “C” shaped rings that sit between your thigh bone and shin bone. They act as shock-absorbers in the knee and help protect the joint surfaces from stress.



Tears of the Meniscal cartilages are very common and are one of the main reason people undergo an arthroscopy. In a stable knee, menisci usually tear because they are getting soft. The tear can happen with a twist or with squatting. Sometimes they tear without any obvious cause.

When menisci start to get soft it usually means that the knee joint has some degree of degeneration. Degeneration of the articular cartilage is also known as osteoarthritis. The more severe the osteoarthritis, the thinner and less smooth it becomes. It is very common to have some degree of osteoarthritis with meniscal tears.

Arthroscopy can either remove the tear or the tear can be repaired. Only tears in the vascular zone of the meniscus can be



Knee Osteoarthritis

One of the most important factors in your long-term pain relief from arthroscopy for meniscal tears is the severity of your osteoarthritis