



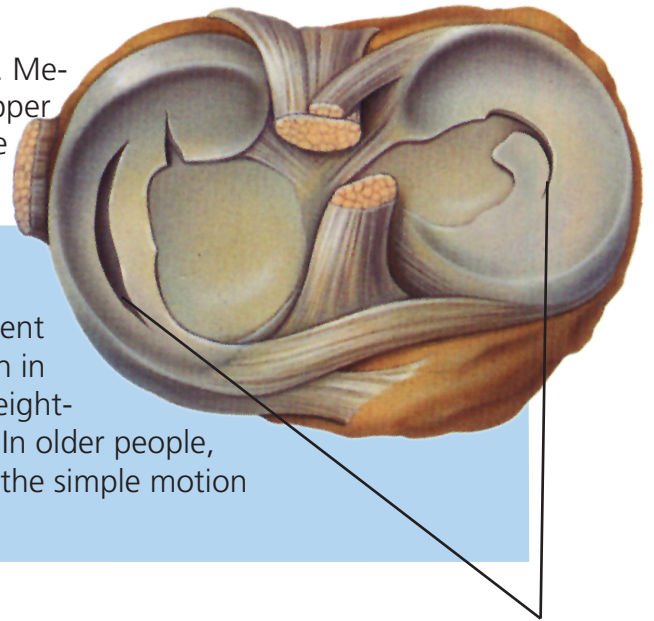
PLAYING MY BEST
SPORTS
DISCOVER YOUR ELITE ATHLETE

MENISCAL TEAR

The meniscus is a commonly injured structure in the knee. Meniscus pads are the shock-absorbing disks between the upper and lower leg bones. These cartilage disks are both on the inside (medial) and outside (lateral) sides of the knee.

FACTORS THAT CONTRIBUTE TO INJURY

Younger people usually tear their meniscus due to a violent twisting injury while the foot is planted. This can happen in sports when changing directions quickly or a forceful weight-bearing twist caused by a collision with another player. In older people, the meniscus degenerates with age, and may tear from the simple motion of squatting up or down.



Meniscal Tear

SIGNS AND SYMPTOMS

- Pain along the inner or outer side of the knee
- Swelling – mild to moderate that typically increases with activity
- Catching and clicking in the joint
- Difficulty squatting
- May not be able to fully extend the knee due to locking in the joint

TREATMENT

- RICE (see RICE handout)
- Range of motion activities for the knee
- Avoid squatting
- Follow-up with a physician (may need further treatment i.e., MRI, scope to remove or repair)
- Physical Therapy to regain range of motion, strength and return to sport



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Hamstring Stretch: Loop towel around foot, sit with back straight. Hold stretch for 20 seconds and repeat 10 times.



Quad Sets: Tighten your front thigh muscle while pushing your knee down into the towel or table. Hold 5 seconds. Repeat 3 times, every other day.



Straight Leg Raises: Tighten the front thigh muscles, then lift the leg 8-10 inches off the surface. Do 3 sets of 15 reps, every other day.



Heel Slides: Slide your heel toward your hip as shown. Hold for 10 seconds. Repeat for 4 minutes.

