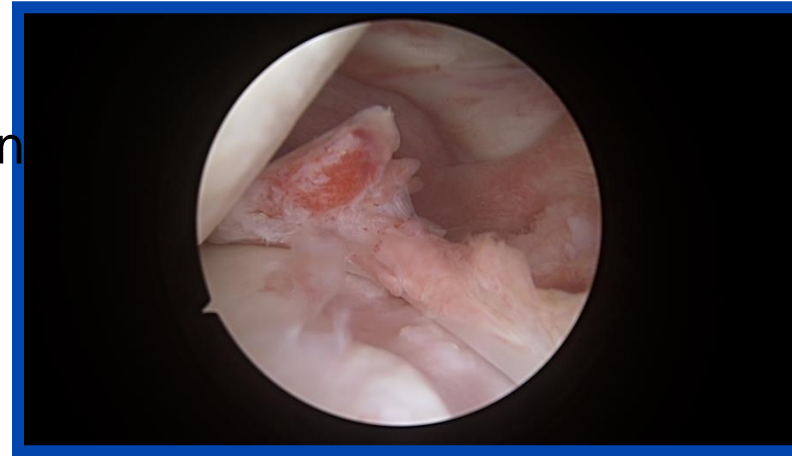




Medial meniscus root tear with extrusion

Aaron J. Krych, MD
Mayo Clinic Orthopedics and Sports Medicine

AOSSM/AANA 2021 Annual Meeting



EXOS

History of Present Illness

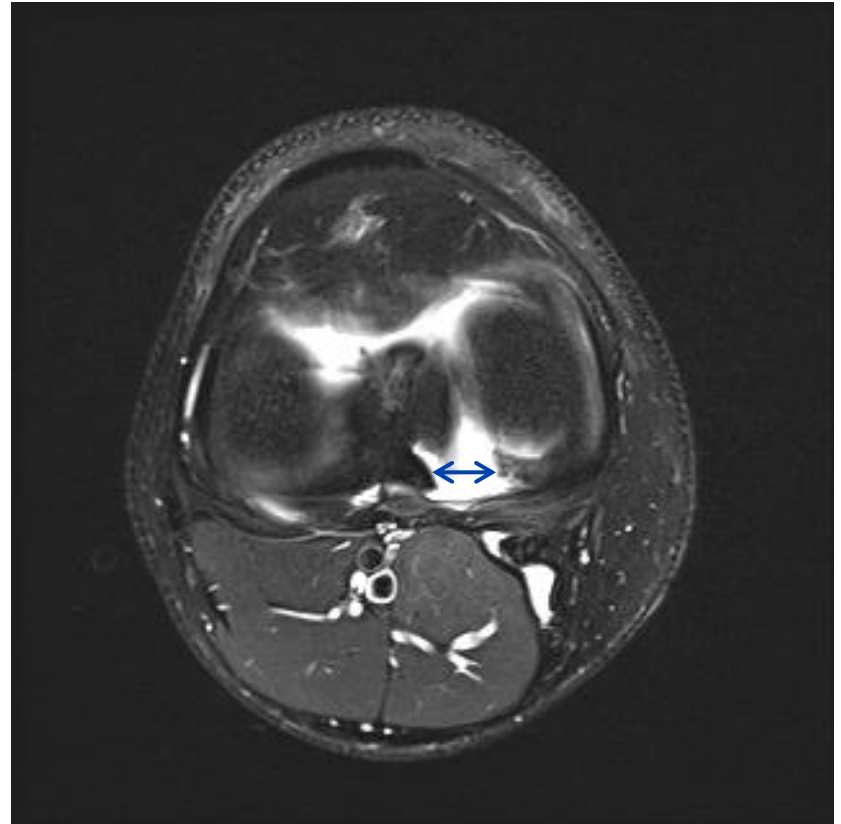
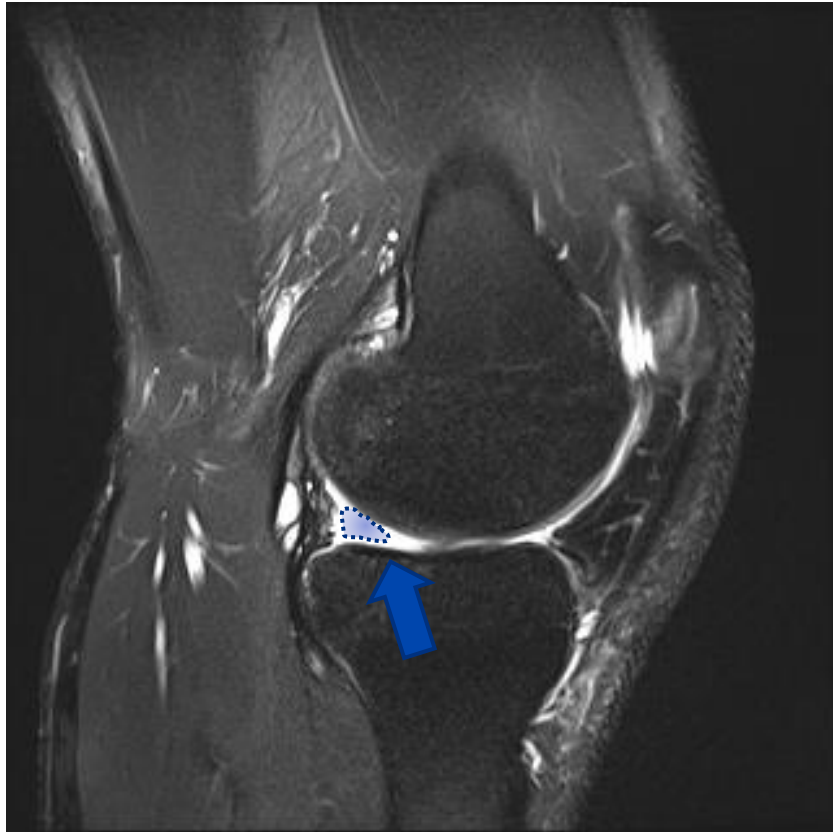
- 19 year old college freshman recreational basketball player
- **Chief complaint:** Right knee pain
- **MOI:** 6 months ago twisting and felt a pop
 - Activity related pain and swelling since
 - Recommended meniscectomy in Chicago—presents for 2OP

Physical Exam

- Nonantalgic gait
- Trace effusion
- ROM- 0-140 degrees
- Stable knee
- Medial joint line tenderness
- McMurray painful

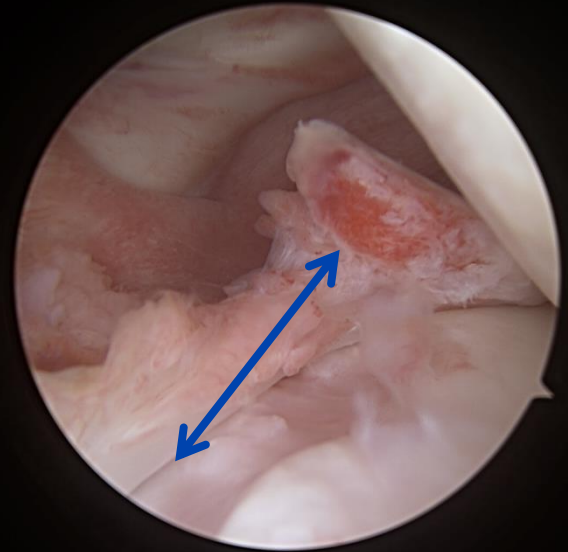
IMAGING

- Plain radiographs no significant findings
- Long-leg x-rays neutral alignment

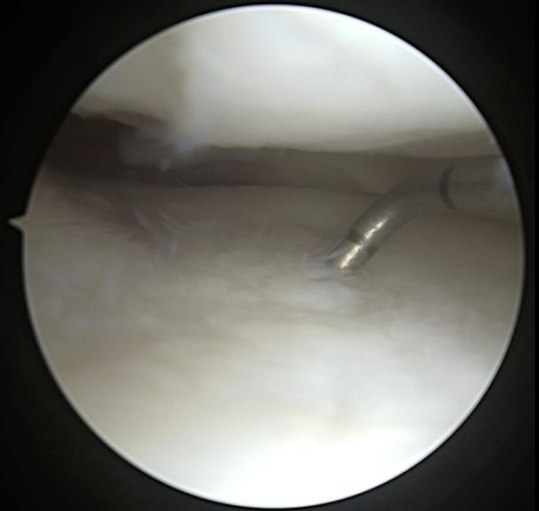
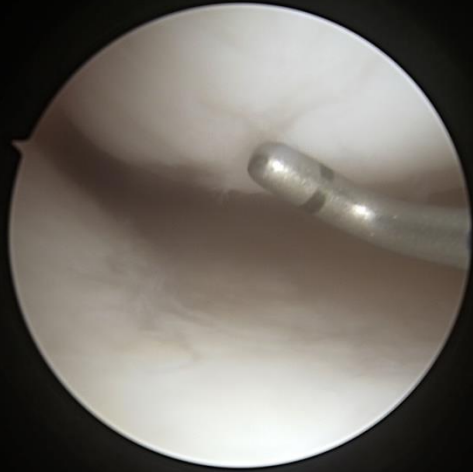




Diagnostic Scope



Rapid cartilage wear



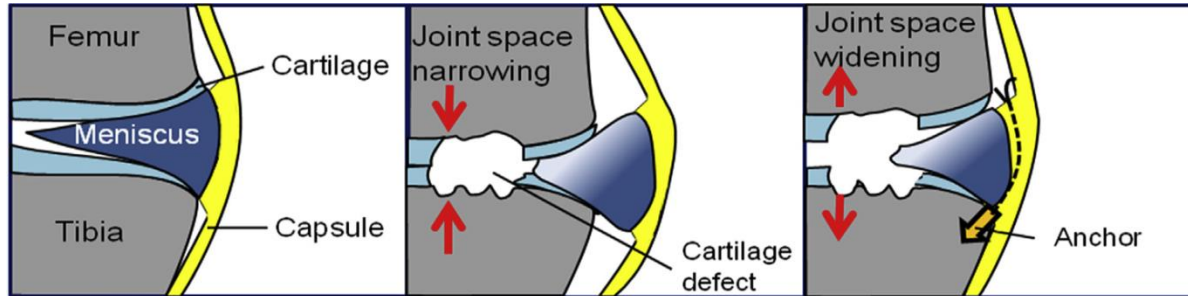
Centralization

Root Repair

Augmentation of the Pullout Repair of a Medial Meniscus Posterior Root Tear by Arthroscopic Centralization

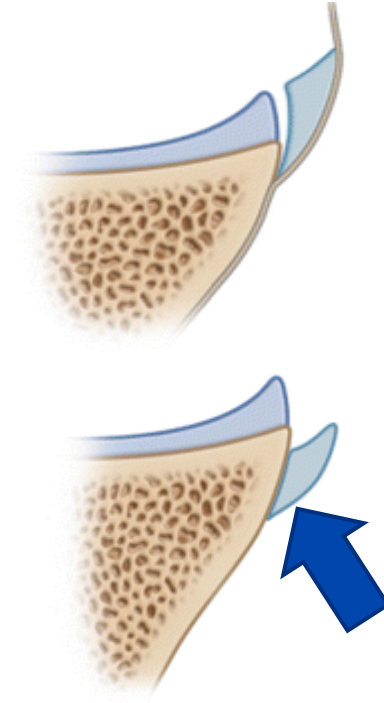
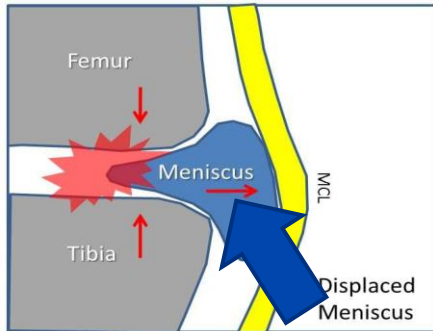
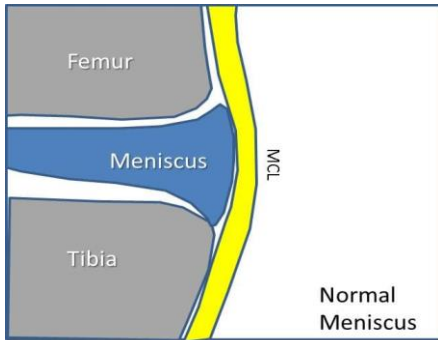
Hideyuki Koga, M.D., Ph.D., Toshifumi Watanabe, M.D., Ph.D., Masafumi Horie, M.D., Ph.D., Hiroki Katagiri, M.D., Ph.D., Koji Otabe, M.D., Ph.D., Toshiyuki Ohara, M.D., Ph.D., Mai Katakura, M.D., Ichiro Sekiya, M.D., Ph.D., and Takeshi Muneta, M.D., Ph.D.

“Centralization”



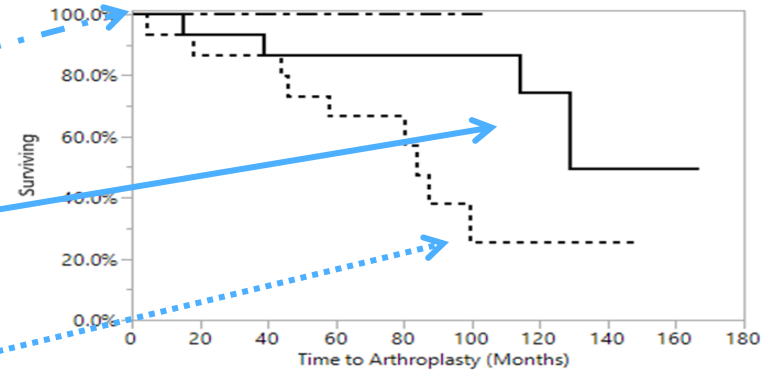
Hideyuki Koga, MD

Shoulder analogy: ALPSA lesion



Medial Root Tear: Matched Cohort

- 45 patients matched by *age*, *sex*, *KL grade* on pre-op x-rays
 - Repair
 - Non-op
 - Partial Meniscectomy
- Repair *significantly less* TKA and less OA progression





THANK YOU!!!



EXOS