

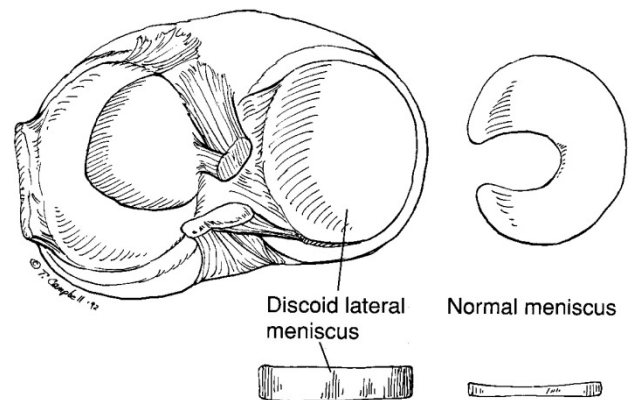
Discoid Meniscus

What is a Discoid Meniscus?

- Discoid meniscus is a rare human anatomic variant that usually affects the lateral meniscus of the knee. Usually a person with this anomaly has no complaints; however, it may present as pain, swelling, or a snapping sound heard from the affected knee
 - A discoid meniscus is larger than usual.
 - Discoid meniscus is also referred to as “popping knee syndrome.”

Signs and Symptoms:

- Patients can experience symptoms such as:
 - Knee pain
 - Clicking, snapping, mechanical locking
 - Often become symptomatic in adolescence

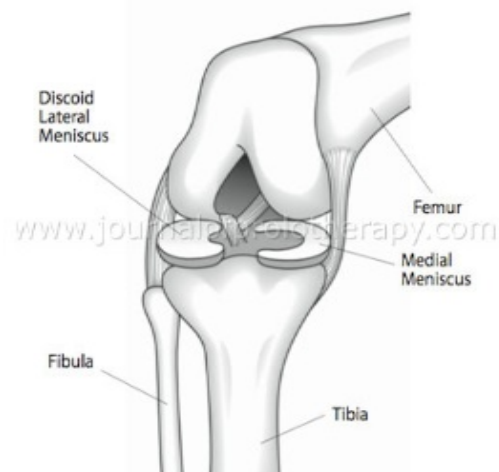


Imaging:

- Radiographs can show:
 - Widening of the lateral joint space due to widened cartilage space
 - Squaring of lateral condyle with cupping of lateral tibial plateau
- Further imaging is necessary via MRI for suspected symptomatic meniscal pathology.

Treatment:

- Conservative:
 - Continual observation of the knee can occur as long as the patient is symptom free and the meniscus has no tears or damage.
- Surgical intervention is indicated when:
 - Pain and mechanical symptoms in the knee
 - Meniscal tear or meniscal detachment
 - Prophylactic surgical intervention is an option to prevent complex tearing with trauma.



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