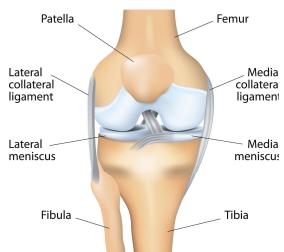
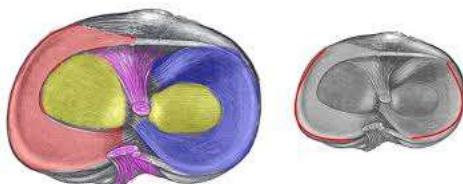


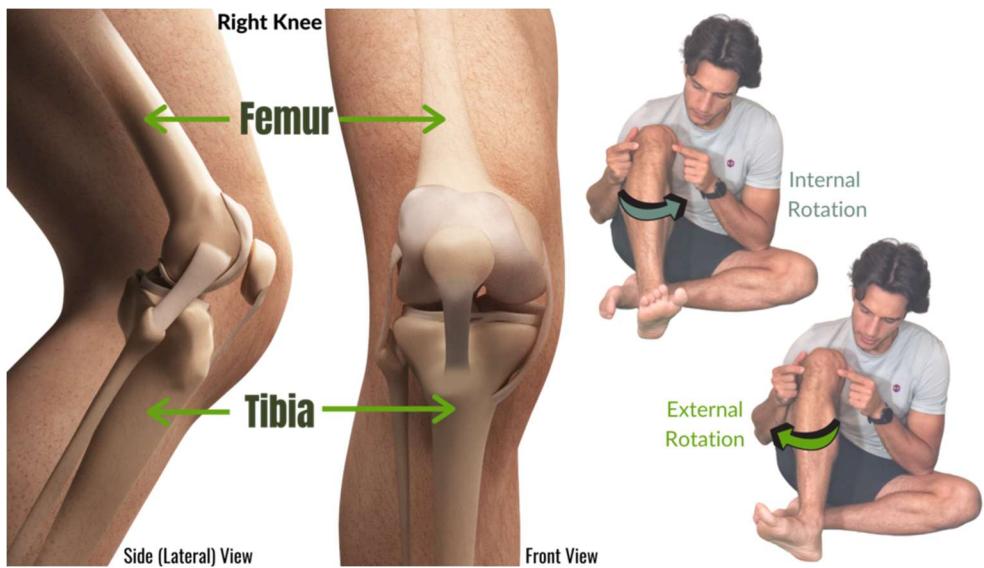
Meniscus Repair

Meniscus Anatomy / मेनिस्कस की संरचना



Causes of Meniscus Tears / मेनिस्कस फटने के कारण

- Twisting injuries during sports / खेल के दौरान मोड़ आने से चोट.
- Deep squatting or lifting / गहरी बैठकों या भार उठाने से
- Age-related degeneration / उम्र के साथ होने वाला क्षय
- Direct trauma / सीधे चोट लगना



Types of Meniscus Tears / फटने के प्रकार





Signs & Symptoms / लक्षण

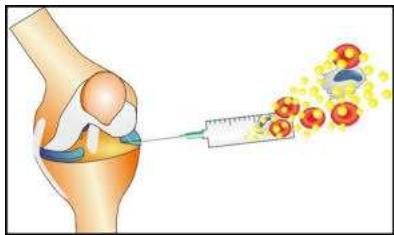
- Pain / दर्द
- Swelling / सूजन
- Locking or clicking / फंसना या किलक की आवाज़
- Difficulty bending / घुटना मोड़ने में प्रेरशानी



Non-operative Management / बिना ऑपरेशन का इलाज

- RICE (Rest, Ice, Compression, Elevation)

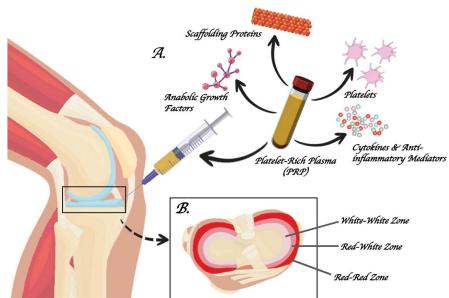
आराम, बर्फ, दबाव और पैर ऊँचा रखना
- Physiotherapy / फिजियोथेरेपी
- NSAIDs / दर्द की दवाएँ
- PRP Injections / PRP इंजेक्शन



Knee

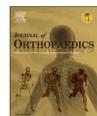
High survival rate after the combination of intrameniscal and intraarticular infiltrations of platelet-rich plasma as conservative treatment for meniscal lesions

Mikel Sánchez, Cristina Jorquera, Ane Miren Bilbao, Saína García, Maider Beitia,
João Espregueira-Mendes, Sergio González, Jaime Oraa, Jorge Guadilla, Diego Delgado ✉



Contents lists available at ScienceDirect

Journal of Orthopaedics



journal homepage: www.elsevier.com/locate/jor



Platelet-rich plasma for nonoperative management of degenerative meniscal tears: A systematic review

Joseph W. Elphingstone ^{a,*}, Elijah T. Alston ^b, Berdale S. Colorado ^c

^a Phoebe Putney Memorial Hospital, Department of Family Medicine, Albany, GA, USA

^b Medical College of Georgia, Augusta, GA, USA

^c University of Alabama at Birmingham, Department of Physical Medicine and Rehabilitation, Birmingham, AL, USA

ARTICLE INFO

Keywords:
Menicus tears
Meniscus degeneration
Platelet-rich plasma
PRP
Non-operative
Regenerative medicine

ABSTRACT

Background: Menicus tears are a common cause of knee pain encountered in orthopedics and sports medicine. There are numerous management strategies, from physical therapy and oral medications to surgery. Recent evidence is more favorable for conservative management, as operative treatment has limited clinical benefits and is associated with an accelerated progression toward osteoarthritis. Injections with orthobiologic therapies, such as platelet-rich plasma (PRP), are emerging as an alternative therapeutic tool for degenerative tears. This study aims to evaluate the latest evidence regarding the efficacy of PRP injections for the nonoperative management of

Surgical Options / शल्य चिकित्सा विकल्प

- All-Inside Repair / ऑल-इनसाइड रिपेयर

- Inside-Out Repair / इनसाइड-आउट रिपेयर
- Outside-In Repair / आउटसाइड-इन रिपेयर

All inside repair

About the procedure	<ul style="list-style-type: none"> Sutures and fixation devices are inserted and retrieved entirely within the knee joint. Sutures are passed through the meniscus and tied, or a device is used to implant a button or anchor on the inside of the joint.
Benefits	<ul style="list-style-type: none"> Requires fewer or no additional incisions, is time-efficient, and has a lower risk of nerve and blood vessel injury compared to inside-out techniques.

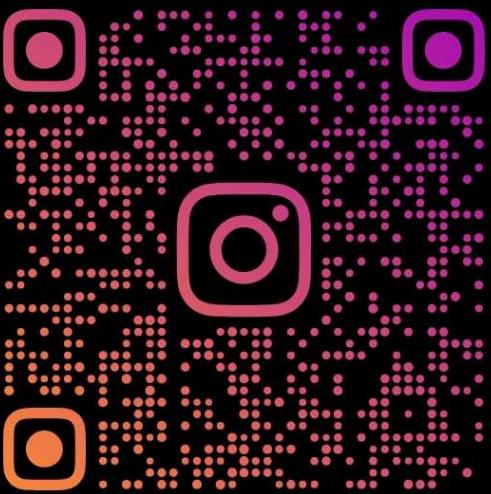


Inside out repair

About the	<ul style="list-style-type: none"> Suture needles are passed through the meniscus from
-----------	---

procedure	the inside and then out through the joint capsule and soft tissue to the outside of the knee, where the knots are tied.
Benefits	<ul style="list-style-type: none"> Often considered the gold standard due to its versatility, ability to provide strong and precise fixation, and control over suture placement, especially for complex tears.





REEL SHARED ON MAR 4, 2025
BY @DR_HIMANSHU_PGI_ORTHO