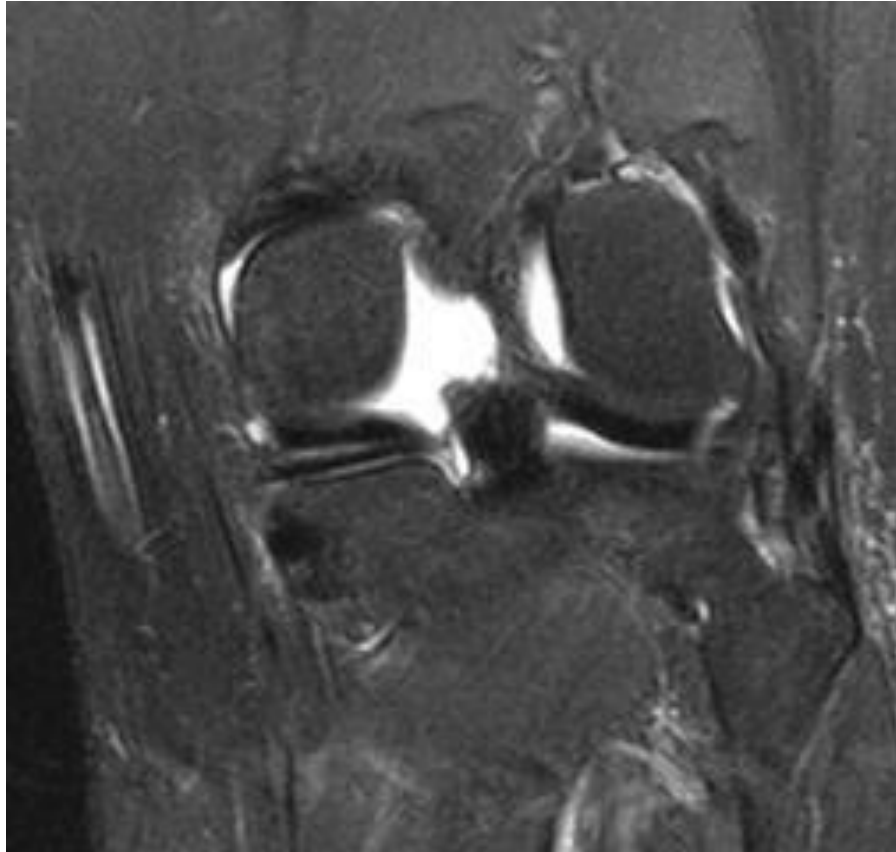


Intrasubstance Tear

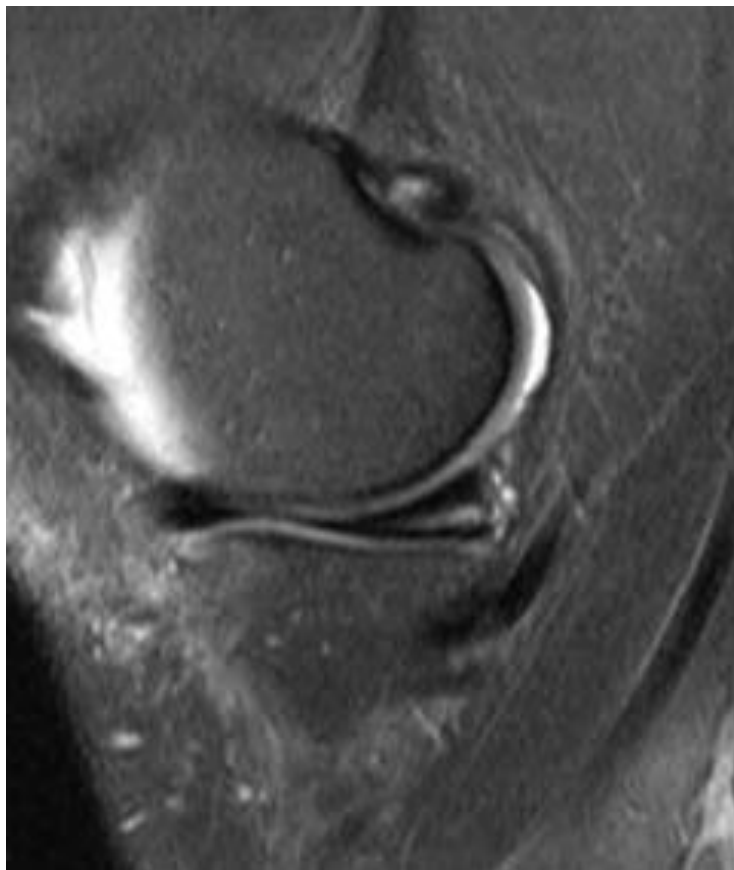
Nicholas Colyvas, MD
Clinical Professor
Department of Orthopaedic Surgery
orthosurg.ucsf.edu

Patient: Intrasubstance tear

- 28-year-old female hiker and cyclist
- Twisting injury to her knee while biking
- Initial MRI showed changes in medial meniscus
- Had an arthroscopy – told that there was nothing wrong with her meniscus
- But post-op had continued medial sided pain and disability
- Slightly overweight
- Mild bilateral valgus alignment
- X-rays unremarkable



The coronal views of the MRI show signal change consistent with a horizontal cleavage tear.



On the sagittal views, this does not appear to be a grade III signal change...



...except perhaps on one of the sequences, but clearly grade II intrasubstance change, which is symptomatic for the patient.

Surgical notes

- Patient underwent an arthroscopy, and careful evaluation of the medial meniscus showed what appeared to initially be a normal meniscus, however on further evaluation of the undersurface, some changes were noted and also probing indicated soft areas in the body of the posterior horn.
- The tear itself was trephinated with a spinal needle and then a NovoStitch device was used to place three circumferential sutures in the posterior horn.
- After the repair, good compression of the inferior and superior leaves is noted.

Patient: Six months post-op

- Pain free
- Has returned to all activities and sports

UCSF is driven by the idea that great breakthroughs are achieved when the best research, the best education and the best patient care converge.



University of California
San Francisco