

# KNEE SPRAINS - MENISCUS

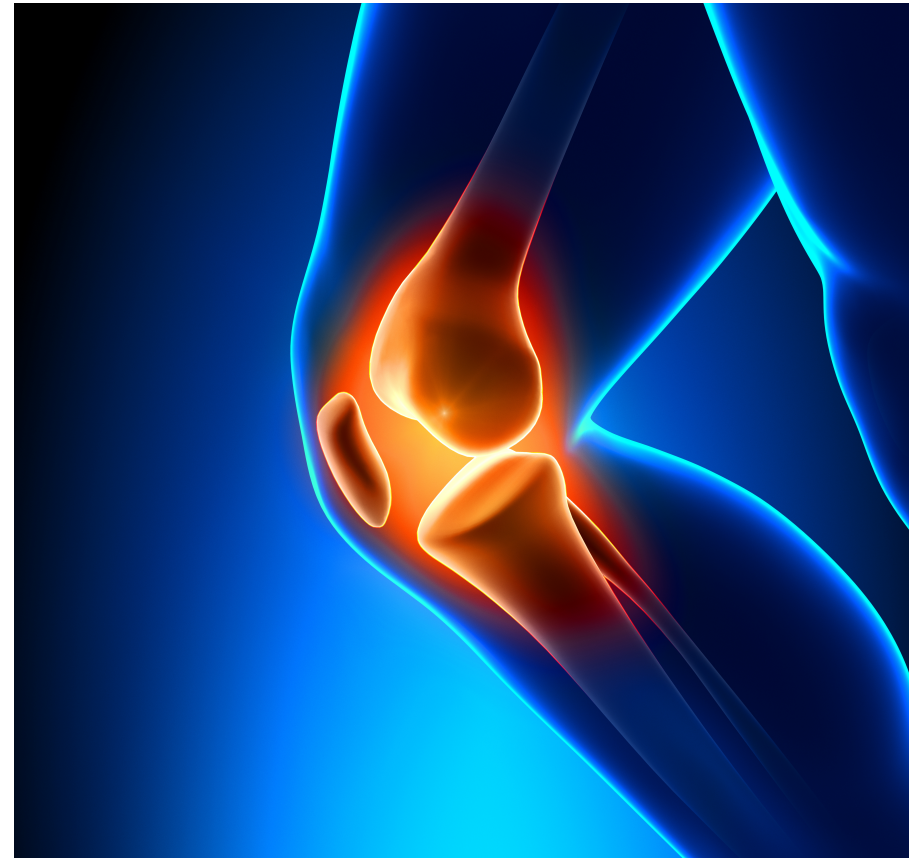
## IDENTIFICATION AND TREATMENT

### Treatment

1. Ice
2. Crutches as necessary
3. Knee immobilizer as necessary
4. Range of motion exercises as instructed

### Treatment

- Should be evaluated by physician



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# Meniscus Lesions

- Two semi-lunar cartilage rings in the knee
  - Medial
    - Larger of the two
    - C-shaped
    - Attached to the medial collateral ligament (MCL)
  - Lateral
    - O-shaped
- Medial meniscus has a much higher incidence of injury than lateral
- Can be longitudinal, oblique, or transverse
- A meniscal tear may or may not result in the following
  - Severe pain and loss of motion
  - A locked knee with inability to flex or extend knee fully
  - Clicking or popping during flexion or extension
  - Pain in the area of the tear

