
PRESENTATION

- Symptoms
 - pain localizing to medial or lateral side
 - mechanical symptoms (locking and clicking), especially with squatting
 - delayed or intermittent swelling
- Physical exam
 - joint line tenderness is the most sensitive physical examination finding
 - effusion
 - provocative tests
 - Apley compression
 - Thessaly test
 - McMurray's test

IMAGING

- MRI is most sensitive diagnostic test but also has a high false positive rate
- findings
- MRI grade III signal is indicative of a tear
 - parameniscal cyst indicates the presence of a meniscal tear
 - bucket handle meniscal tears indicated by
 - "double PCL" sign
 - "double anterior horn" sign
 - meniscal extrusion or "ghost sign," may indicate meniscal root tear

TREATMENT

Nonoperative

- **rest, NSAIDS, rehabilitation**
 - indications
 - indicated as first line treatment for degenerative tears

outcomes

- improvement in knee function following physical therapy