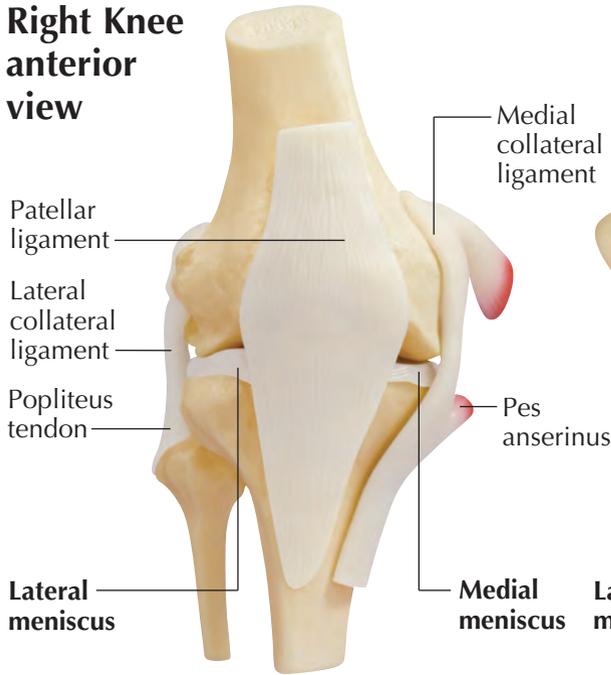
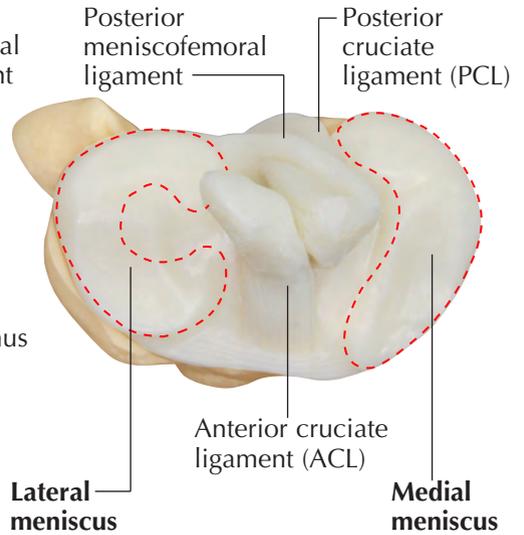


# MENISCUS TEARS

## Right Knee anterior view



## Top view right knee



**Radial Tear**  
*(lateral meniscus)*  
Radial tears occur most commonly on the lateral meniscus and run across the meniscus towards the outer edge.



**Longitudinal Tear**  
*(lateral meniscus)*  
Longitudinal tears run across the length of the meniscus. These tears are frequently present with an ACL tear, and are common in younger or more active patients.



**Horizontal Tear**  
*(medial meniscus)*  
A tear in the horizontal axis that splits the menisci into superior and inferior sections is called a horizontal, transverse or cleavage tear.



**Flap Tear**  
*(medial meniscus)*  
A flap tear starts horizontally and curves in a longitudinal direction. This creates a loose flap of cartilage and causes pain.



**Degenerative Tear**  
*(medial meniscus)*  
Degenerative tears are frayed and fibrillated at the inner edge. Common in the elderly and osteoarthritic knee joints, it results from menisci that have been worn down from repetitive stress or osteophytes.



**Bucket Handle Tear**  
*(medial meniscus)*  
Bucket handle tears commonly occur on the medial meniscus. This type of tear starts as a longitudinal tear and grows until it resembles the shape of a bucket handle.

# MENISCUS TEARS

Menisci are cartilage discs that rest on the superior articulating surface of the tibia. Menisci help distribute and absorb weight from the femur and stabilize the knee. The crescent or C-shaped medial meniscus is on the medial side of the tibial plateau, and the circular or O-shaped lateral meniscus is on the lateral side. Menisci are frequently damaged from playing sports, or worn down from use of the knee joint.

The outer margin of each meniscus has a blood supply from the perimeniscal capillary plexus. This vascularized portion of the meniscus is called the “red zone.” The non-vascularized, inner portion is called the “white zone.” If a tear occurs in the red zone, it is possible for it to heal on its own or be repaired with surgery. When a tear occurs in the white zone, surgical intervention may be needed to remove the tear. Tears are classified by location and shape.

*See reverse side for six major classifications of tears.*

## Right Knee anterior view

*Patellar ligament removed*

