Case Reports

Discoid medial meniscus

Varied presentation of 3 knees

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ABSTRACT

A discoid meniscus is a thick meniscus, discoid in shape rather than having the normal semilunar uncommon lesion; discoid medial meniscus is rare and involvement of the medial meniscus bilaterally or its presence with lateral discoid menisci in the meniscus, etiological, clinicoradiological, and MRI features of discoid medial meniscus have not been spinal anesthesia revealed complete discoid medial meniscus, etiological, clinicoradiological, and MRI features of discoid medial meniscus have not been described in the literature. All the 3 discoid medial menisci in our series were symptomatic.

Case Reports.

Patient One. A 29-year-old lady presented with pain in the right knee of one year duration, without any significant trauma. She had a recurrent swelling of the knee but no history of clicks, locking or instability. The increasing discomfort interfered with her daily life, which prompted her to seek a specialist opinion. Her left knee was asymptomatic. The quadriceps was wasted and there was mild effusion of the right knee joint. The medial joint line was tender. McMurray and From the Department of Orthopedics, Kasturba Medical College, Manipal, Karnataka, India. Apley's tests were negative, and she had no signs of instability. The knee had a full range of pain-free movement. The radiograph was normal. There were no additional findings on examination under anesthesia. Arthroscopic surgery performed under spinal anesthesia revealed complete discoid medial meniscus, etiological, clinicoradiological, and MRI features of discoid medial meniscus have not been described in the literature. All the 3 discoid medial menisci in our series were symptomatic.

Patient 2.

An 8-year-old boy presented with pain over the anteromedial aspect of the right knee of one year duration. This was associated with swelling on examination under anesthesia. Arthroscopic surgery performed under spinal anesthesia revealed complete discoid medial meniscus, etiological, clinicoradiological, and MRI features of discoid medial meniscus have not been described in the literature. All the 3 discoid medial menisci in our series were symptomatic.

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Saudi Med J 2006; Vol. 27 (6): 888-891

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the medial aspect of the knee and mild limp while tenderness and swelling anteromedially, prominent

showed hypoplastic medial tibial and femoral

arthroscopy, however, because of the presence of the meniscal cyst, an intrasubstance tear was suspected meniscal cyst mechanically blocking the knee extension was excised completely, and its wall was allowed weight bearing and the knee was mobilized as later, he developed pain and swelling of the left knee increased medial joint space and hypoplastic medial

showed evidence of discoid medial meniscus with a horizontal tear and depressed medial tibial plateau

of discoid medial menisci in mind, arthroscopy

incomplete discoid medial meniscus with a horizontal

meniscectomy was carried out in view of the tear anteroposterior radiograph of the knees revealed no

Discussion. an abnormally wide and thick meniscus that widely covers the articular surface of the tibial plateau, and is is a well-studied and documented entity of the knee, whereas discoid medial meniscus is an extremely rare and lateral discoid menisci in the same knee, as well as bilateral medial discoid menisci in the same patient, the symptoms of pain and swelling of right knee in the literature to have symptomatic discoid medial meniscus described in the literature, such as hypoplasia of the medial tibial and femoral condyles, and arthroscopy did show the presence of depressed medial tibial plateau with exposed subchondral bone. Although the condition can be well treated with open surgery, advancement in should be performed in symptomatic knees leaving
Varied presentation of discoid medial menisci in 3 knees …

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Figure 2 - a) Radiographs of patient 2 with hypoplastic medial femoral and tibial condyles and increased medial joint space. b) with a cyst seen on arthroscopy.

Figure 3 - Patient 2 a) Radiograph of the opposite knee with suggestion of discoid medial meniscus showing increased medial joint space and hypoplastic medial femoral and tibial condyles. b) and c) d) Discoid medial meniscus with a tear seen on arthroscopy.

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subtotal or total menisectomy has been associated with the early reduction in the knee joint space, this resulted from abnormal stresses on the hypermobile menisci lacking the normal attachment of the posterior discoid meniscus in very young children is consistent with the early reduction in the knee joint space, this.

Racial differences in the incidence of discoid menisci stated that the etiology of discoid meniscus could be explained by a developmental arrest of the meniscus 11.

\[ \text{Kaplan observed that the discoid shape resulted from abnormal stresses on the hypermobile menisci lacking the normal attachment of the posterior} \]

It is only at the very early phase of development, during the embryonic period that the plate of undifferentiated mesenchymal tissue from which the meniscus develops resembles a disc mesenchymal tissue that occupies the space between
the distal femoral and proximal tibial epiphyses in the

In addition to the various bony anomalies associated with the discoid lateral meniscus, a persistent vertical septum type of infra patellar plica was reported by

and lateral discoid menisci in the same knee, also bilateral discoid medial menisci coexisting with various synovial plicae and meniscal cyst, diagnosed

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