

Mayo's Knee Meniscus Specialty Clinic Aims to Repair not Replace

"I think there are only a few certainties in life: death, taxes, and if you remove the meniscus, you will have arthritis," says [Aaron Krych, M.D.](#), orthopedic surgeon, [Mayo Clinic Orthopedics and Sports Medicine](#). With such a strong statement, it is no surprise that the [Knee Meniscus Specialty Clinic](#) is pioneering, and using, technology and techniques to preserve and repair, rather than remove, the meniscus.

The meniscus is a c-shaped pad of cartilage that acts as a shock absorber, and in the past, for an athlete to hear a popping and feel a tearing sensation and sharp pain on the inside or outside of the knee while turning, twisting, pivoting, or bending - indicating a [torn meniscus](#) - could mean the end of a career, because a torn meniscus was always removed.

Now, the [Knee Meniscus Specialty Clinic](#) offers renewed hope where torn menisci are concerned, as its goal is to save the patient's meniscus. Top surgeons and sports medicine physicians use innovative treatments to "get our patients the best knee possible," says [Michael J. Stuart, M.D.](#), orthopedic surgeon, [Mayo Clinic Orthopedics and Sports Medicine](#). "We now have the technology to enhance the healing of tissues for many of the tears that were previously removed... and previously beyond hope."

Most frequently seen between the ages of 15-30 and 45-70, a torn meniscus is one of the more common [knee injuries](#), causing symptoms such as pain and tenderness, stiffness, locking, clicking, instability, and swelling. Meniscus damage can also occur gradually over time due to "wear and tear" and aging.

Diagnosis: Identifying type of meniscal tear

The first step in saving the meniscus is getting the right diagnosis, which starts with identifying the patient's type of meniscal tear. Taking into consideration, for example, whether a tear is radial or horizontal, or acute or degenerative, guides how the tear will be treated, and the Knee Meniscus Specialty Clinic is at the forefront of developing techniques that recognize these specific types of tears.

Further, it is often hard to delineate a meniscus injury from a cartilage injury, and, as [Jeffrey Payne, M.D.](#), sports medicine physician, [Mayo Clinic Orthopedics and Sports Medicine](#), explains, "Oftentimes people who have an injury to their [ACL](#) can also have an injury to their meniscus at the same time." This is why having the proper evaluation and diagnosis is key.

The comprehensive evaluation and diagnosing of a meniscus injury at the [Knee Meniscus Specialty Clinic](#) includes patient's history, physical examination, x-rays, and [advanced imaging](#), with access to experts in diagnostic ultrasound, arthroscopy, and musculoskeletal radiology, in addition to the highest quality MRI images and software available. This assures that patients at the Specialty Clinic receive the right diagnosis

the first time, so they can get on the path toward healing as soon and quickly as possible.

Individualized Cutting-Edge Treatments

Patients getting treatment at the [Knee Meniscus Specialty Clinic](#) benefit from years of research and innovation by sports medicine Mayo Clinic experts, with tears being repaired and meniscus functions saved using cutting edge approaches that were not possible even five years ago.

Based on diagnosis, needs, and goals, [Knee Meniscus Specialty Clinic](#) physicians individualize treatment for each patient. "We approach meniscus repair like bringing a toolbox, and we have six or seven different options," says Dr. Krych. "Depending on the athlete's goal, we've come up with a variety of both non-operative and surgical methods that have led to improved patient outcomes."

- **Surgery:**

[Mayo Clinic Orthopedics and Sports Medicine](#) is a leader in the area of knee surgery, particularly when it comes to ligaments, articular cartilage, and meniscus, and patients receive the benefit of that expertise at the Knee Meniscus Specialty Clinic. Dr. Krych explains, "We've developed different surgical techniques," including meniscus root repair and meniscus transplantation, "that are specific to each tear type, and these have shown to have excellent outcomes in our athletes at two and three years after surgery."

- **Non-operative treatments:**

Often, what previously required surgery can now be done non-operatively. [Jacob Sellon, M.D.](#), sports medicine physician and co-director of [Mayo Clinic Orthopedics and Sports Medicine](#), says, "We're at this exciting phase where some treatments can be offered through minimally invasive, office-based procedures rather than traditional surgery in the operating room." Such treatments include physical therapy, bracing, advanced ultrasound procedures and guided biologic injections. "There are a few different injection options," [Elena Jelsing, M.D.](#), sports medicine physician, [Mayo Clinic Orthopedics and Sports Medicine](#), explains, "anything from cortisone to more of the gel-type injections, to maybe using your body's own product, as a PRP, platelet-rich plasma."

The use of orthobiologic injections such as PRP is rapidly advancing at Mayo Clinic, with multiple ongoing studies investigating various orthobiologics. "More research is needed to understand and improve the application of these exciting treatments," says Dr. Sellon, "and this commitment shows how Mayo Clinic is advancing clinical care with research-driven innovation to improve the way we will take care of patients in the future."

Comprehensive Team Approach

Choosing Mayo Clinic's [Knee Meniscus Specialty Clinic](#) for meniscus care means

having the benefit of a team of world-renowned orthopedic surgeons, sports medicine doctors, physical therapists, and rehabilitation specialists working together. [Bruce Levy, M.D.](#), orthopedic surgeon, [Mayo Clinic Orthopedics and Sports Medicine](#), says, “there is no injury too great for us to handle. There’s always someone that has a unique sub-specialty in a very specific area of medicine.” At our clinic, we have identified physicians in every specialty to help you comprehensively address your problem, on the journey with you from diagnosis through rehab and recovery.

At the Knee Meniscus Specialty Clinic, patients partner with world-renowned sports medicine experts at the forefront of meniscus repair treatments so they can get back to full force as soon as safely as possible. Make an appointment at the [Rochester, MN](#) or [Minneapolis, MN](#) clinic now to begin that journey.

Newsletter and Social Media Headlines and CTA’s:

Primary

Headline: Knee Meniscus Specialty Clinic Offers Renewed Hope for Meniscus Repair

Blurb: With technology that repairs meniscus injuries previously beyond hope, sports medicine experts at the Knee Meniscus Specialty Clinic partner with patients to help them get back to full force as soon as possible.

CTA: Learn more about how the Specialty Clinic can save your meniscus, so you can save your game

Secondary

Headline: Knee Meniscus Specialty Clinic Aims to Repair, Not Replace

Blurb: World-renowned sports medicine experts at the Knee Meniscus Clinic use cutting edge, innovative treatments with the goal of saving the meniscus

Button: Save your meniscus