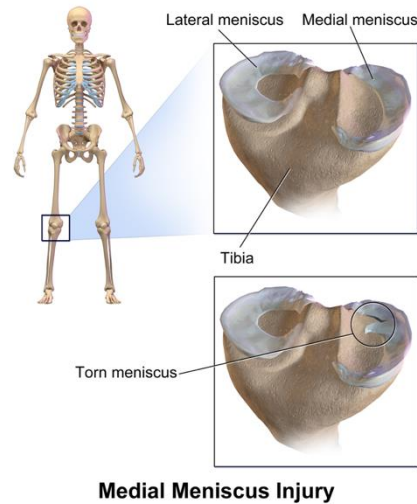


What is Causing Your Knee Pain? Torn or Worn-Out Cartilage? 3 Self-Tests

A torn meniscus or cartilage in your knee is one of the most common knee injuries. When you are younger, the tear often occurs with an athletic event. Torn cartilage can occur from any activity in which you forcefully rotate or twist your knee while putting your full weight on it.



Medial Meniscus Injury

As you get older your knee can begin to degrade, and a tear can occur with little to no trauma. A tear can even occur with a deep squat or kneeling. This is especially true when lifting something heavy.

Obesity also puts increased stress on the cartilage of the knee.

Your knee has two C shaped pieces of cartilage (one located more toward the inside of your knee and the other more toward the outside of your knee). They provide cushion between your thigh bone and your lower leg.

If your cartilage is torn, you may experience the following:

1. Clicking or popping in the knee.
2. Increased pain in the knee-especially when rotating or twisting your knee.
3. Your knee may lock up when trying to move it.
4. You may have trouble straightening your knee.
5. You may have increased pain or stiffness especially with weight bearing on the leg.

6. Your knee may feel like it wants to give way.

When you should see a doctor. You should see a doctor if your knee pain persists for several days and/or swelling is present. You should also see if doctor if your knee wants to lock or not fully straighten or bend.

Three Self-Tests:

1. Eges test:

- a. This test cannot be performed if the injury just occurred, and the knee is very painful or swollen. You may hang on to something for support. Stand with your knees straight and your feet should be about 12-16 inches apart. Turn your feet out as far as they will go and then squat down. Increased pain or a clicking sound may mean you have a tear in your cartilage on the inside location of the knee.



(Eges Test)

Next turn your feet in as far as they will go. Again, squat down as far as able (it will be limited). Increased pain or a clicking sound may mean you have a tear in your cartilage on the outside location of the knee.

2. Thessaly test:

- a. Check uninjured leg first. Put all your weight on the uninjured leg and hold onto to a counter for stability. Bend the uninjured knee to about

20 degrees and then twist or rotate the knee 3x. Increased pain in your knee joint may indicate a tear in your cartilage. Repeat the test on your painful or injured leg next.



3. Childress or Duckwalk test:

- a. Patient should assume a full squat position. In this position the patient should waddle back and side to side (keeping the knees bent). You may have a tear if you are unable to fully squat, hear clicking, or begin to experience increased pain.



(Duckwalk Test)

If any of these tests indicate a tear you may want to get an MRI to confirm.