

Can My Knee Cartilage Tear Heal?

Generally, no. Knee cartilage has poor circulation. A tear located on the outer third of the meniscus may have better healing properties due to increased circulation. Certain types of tears also have a better chance of healing.

However, the better questions to ask are as follows:

1. Does my knee hurt? If you can function normally without the knee cartilage intact-no worries.
2. Does my knee lock up? If the cartilage tear gets folded up on itself or out of place it may hinder movement. In this instance you may require surgery.
3. Does my knee lack motion?
4. Is my knee weak?
5. Do I need a gait aide to walk? (Crutch, walker, cane)
6. Does my knee swell up?

In summary, it may not matter if your knee cartilage tear heals. In fact, it is possible you may have a tear in your knee that is totally asymptomatic. These tears can be common with the process of aging.