



49 year old female with knee pain
for several months after starting a
new workout regimen

William Millard

MSK Fellow











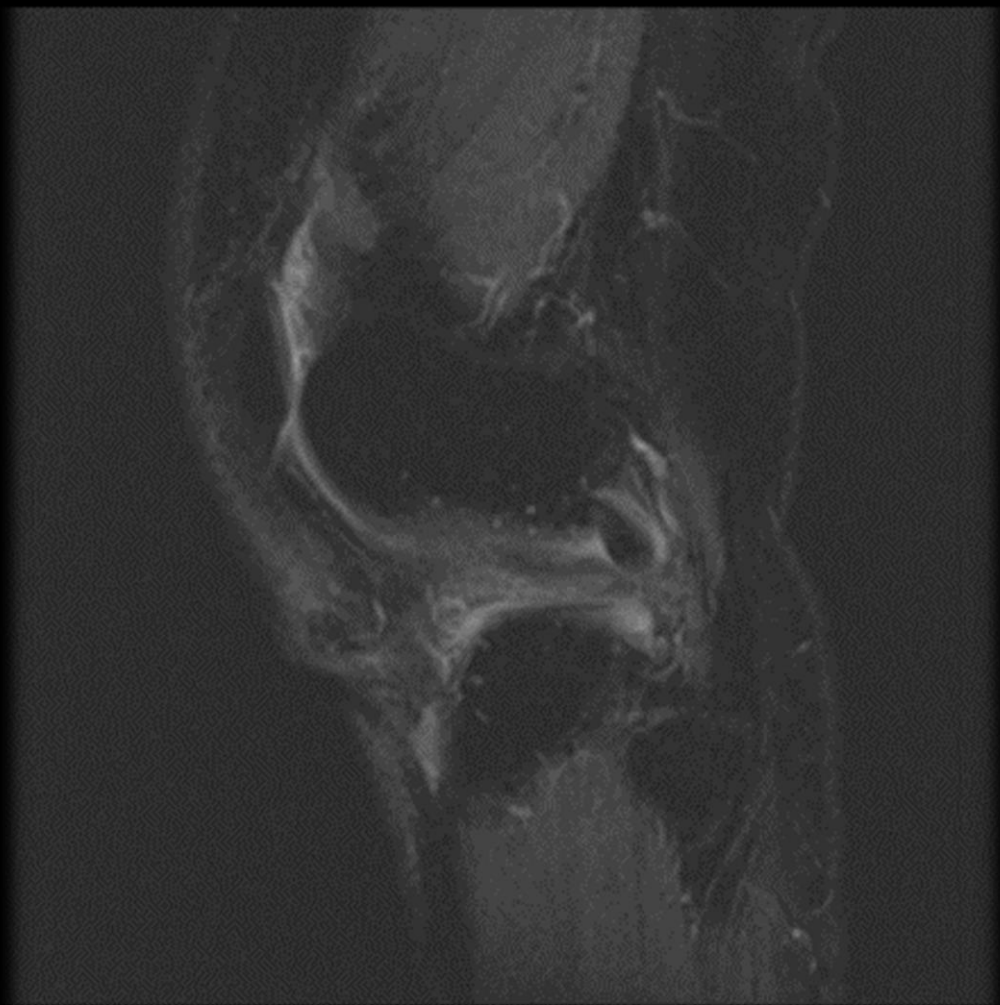


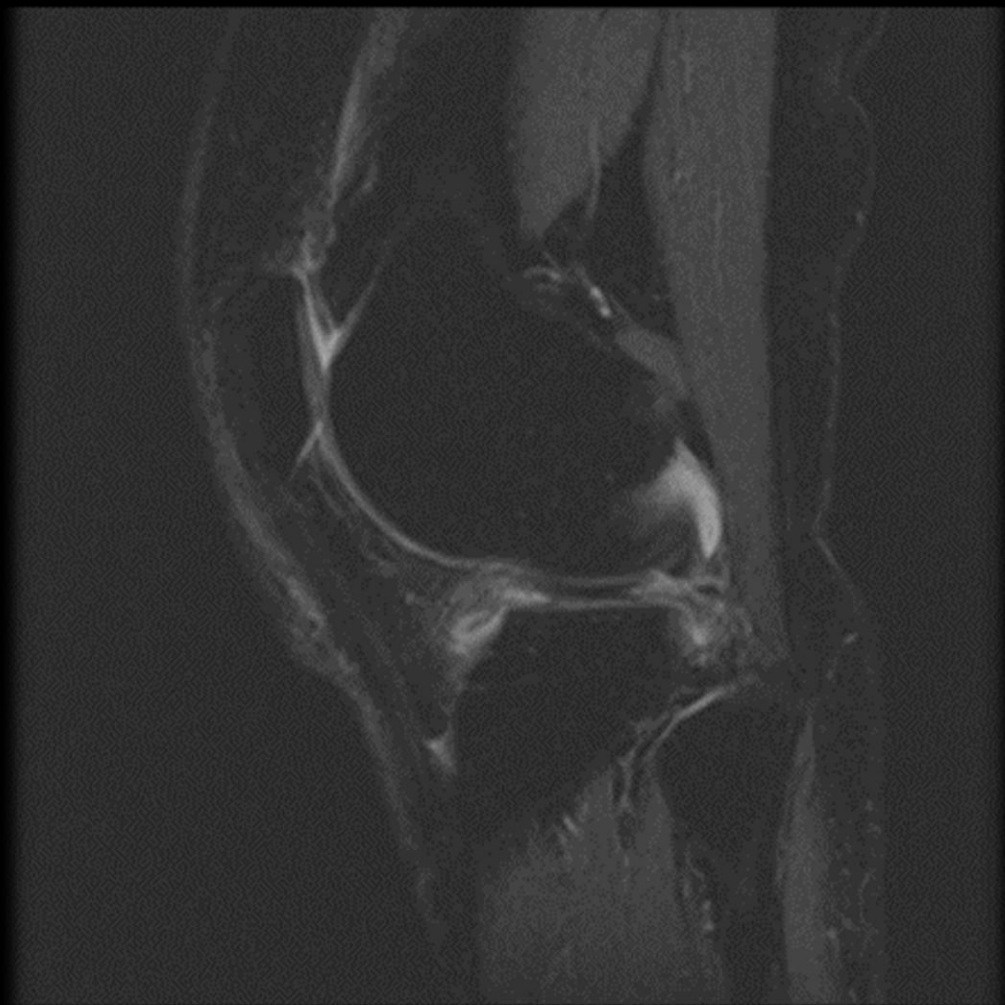




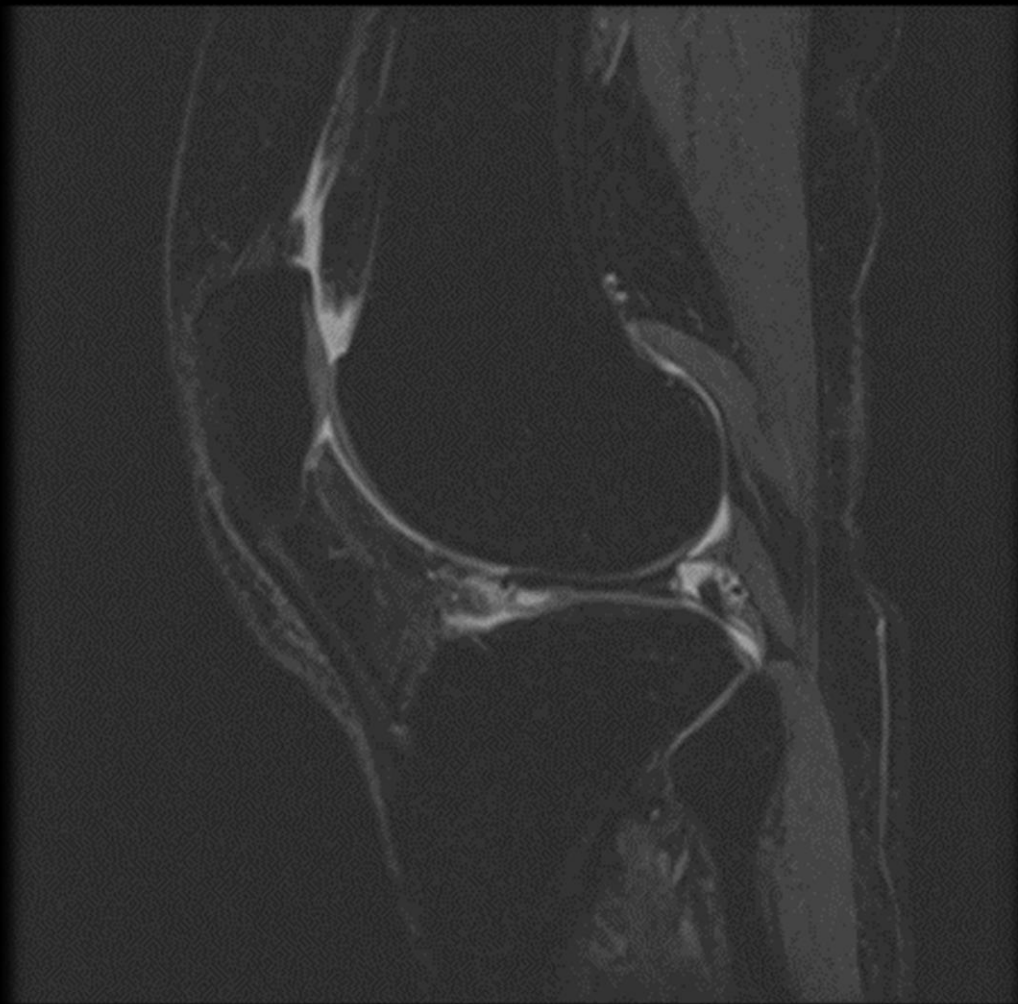


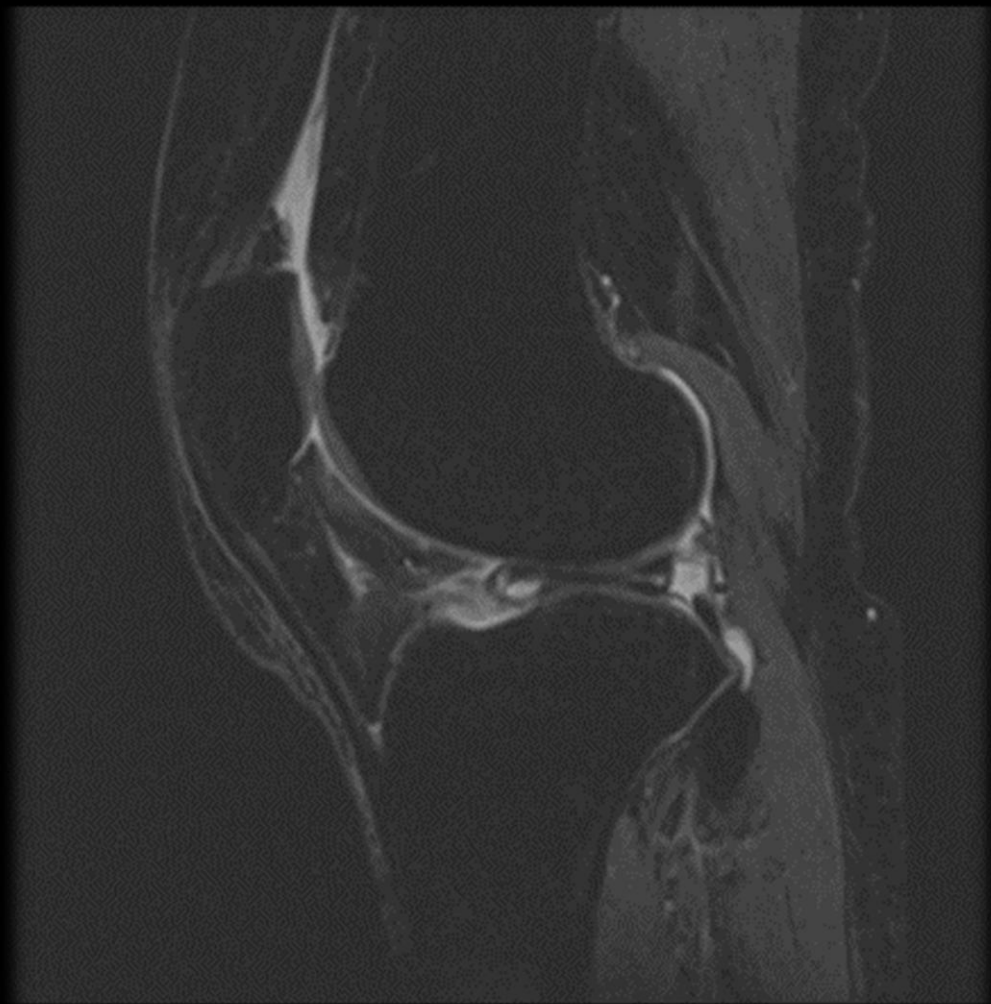


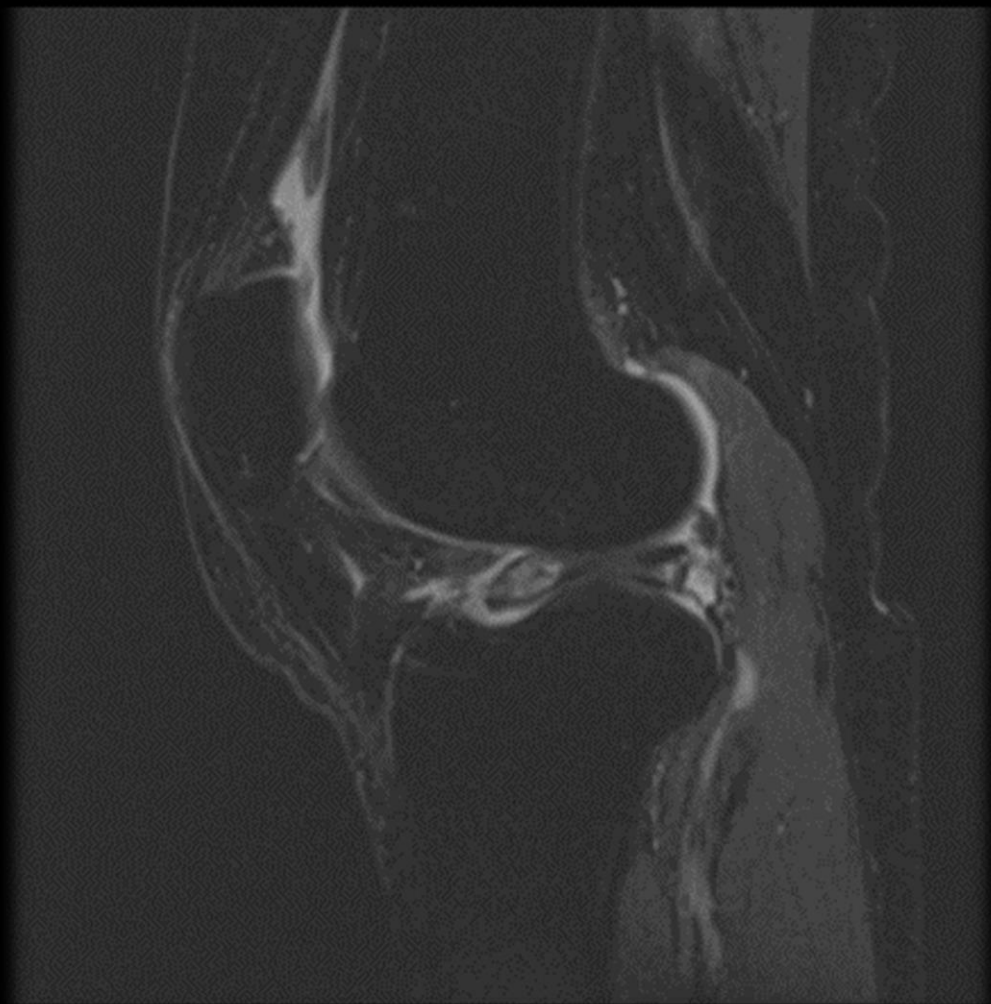


















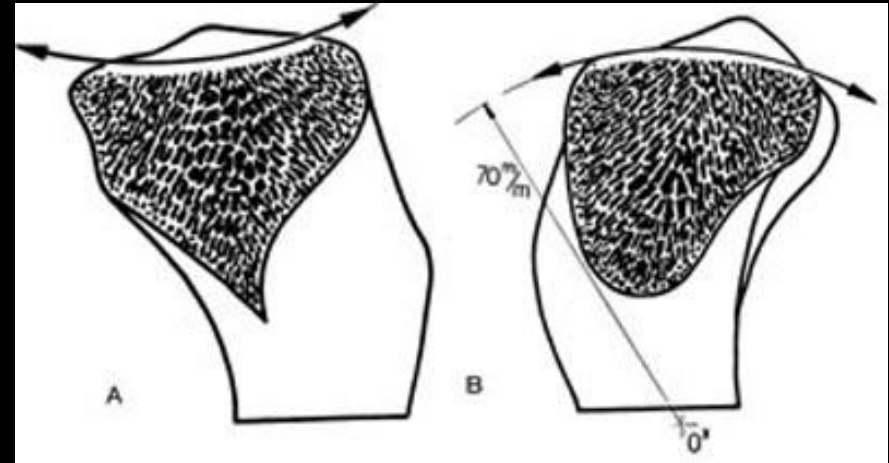
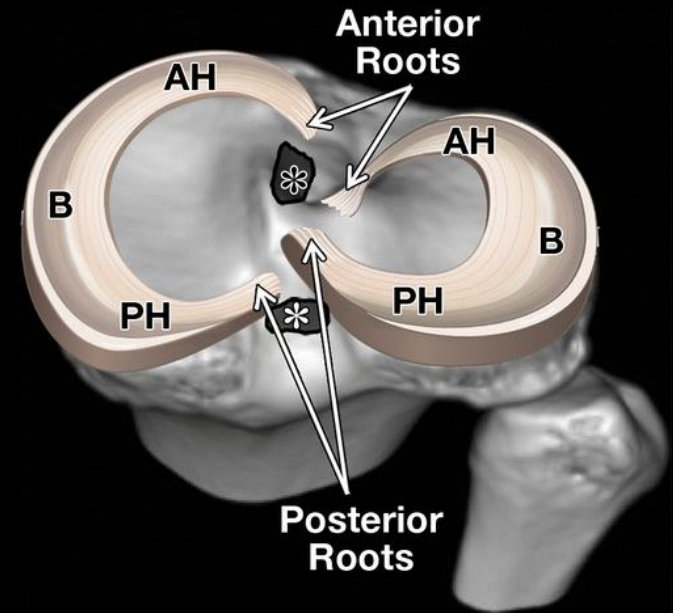
DISCOID LATERAL MENISCUS

Discoid lateral meniscus (DLM)

- Found in up to 3% of the population (0-7%)
- Commonly bilateral, although sx often unilat.
- All discoid menisci are felt to be at greater risk for tearing due to increased shearing forces across the enlarged meniscus



Normal Anatomy



DLM Anatomy



DLM Anatomy



Types of DLM

Watanabe Classification

- Type I - Incomplete (<80% of lat tib plat)
- Type II - Complete
- Type III - Wrisberg type



Types of DLM

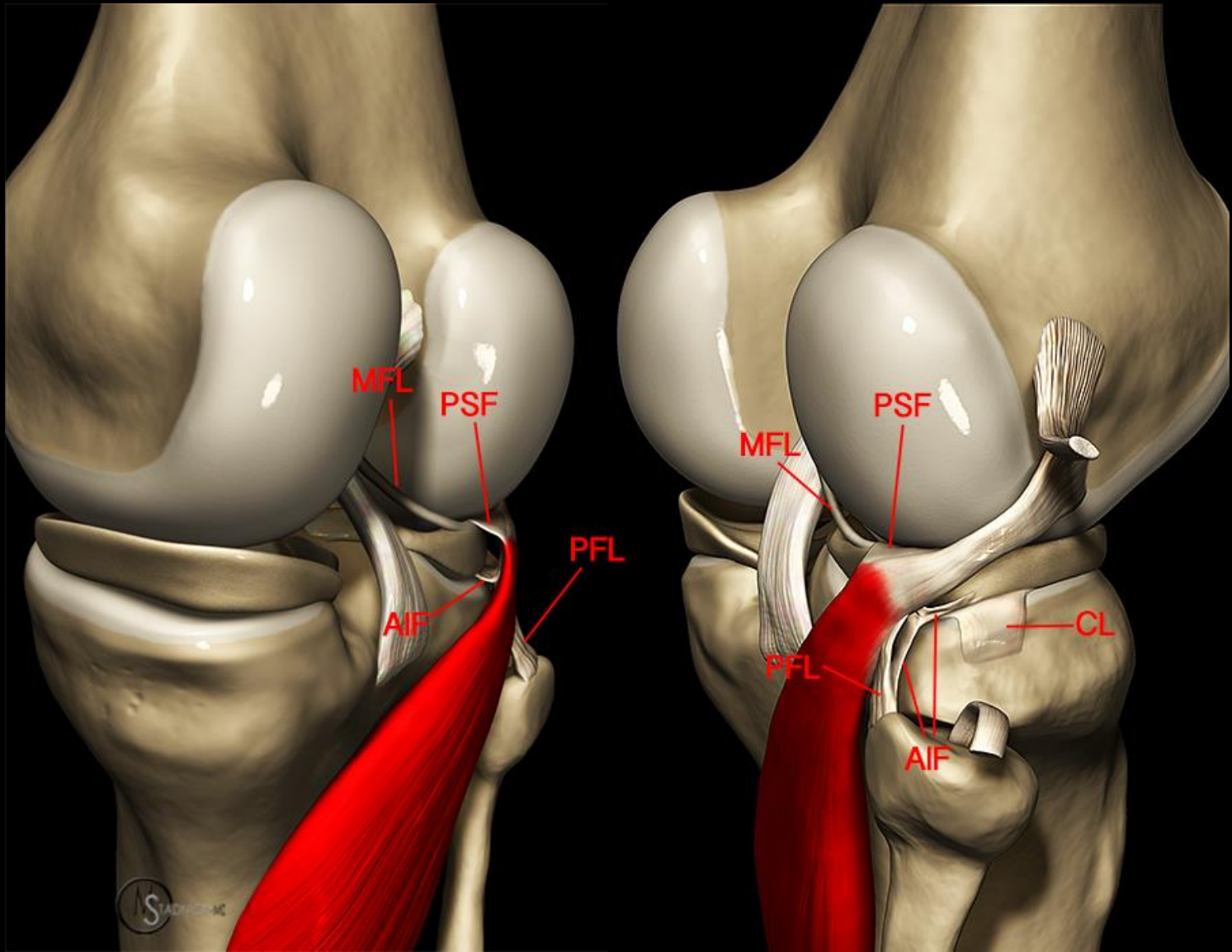
Stable vs Unstable

- Wrisberg type discoid lateral meniscus lacks the typically stabilizing attachments of the posterior horn, having only an attachment from the meniscofemoral ligament of Wrisberg

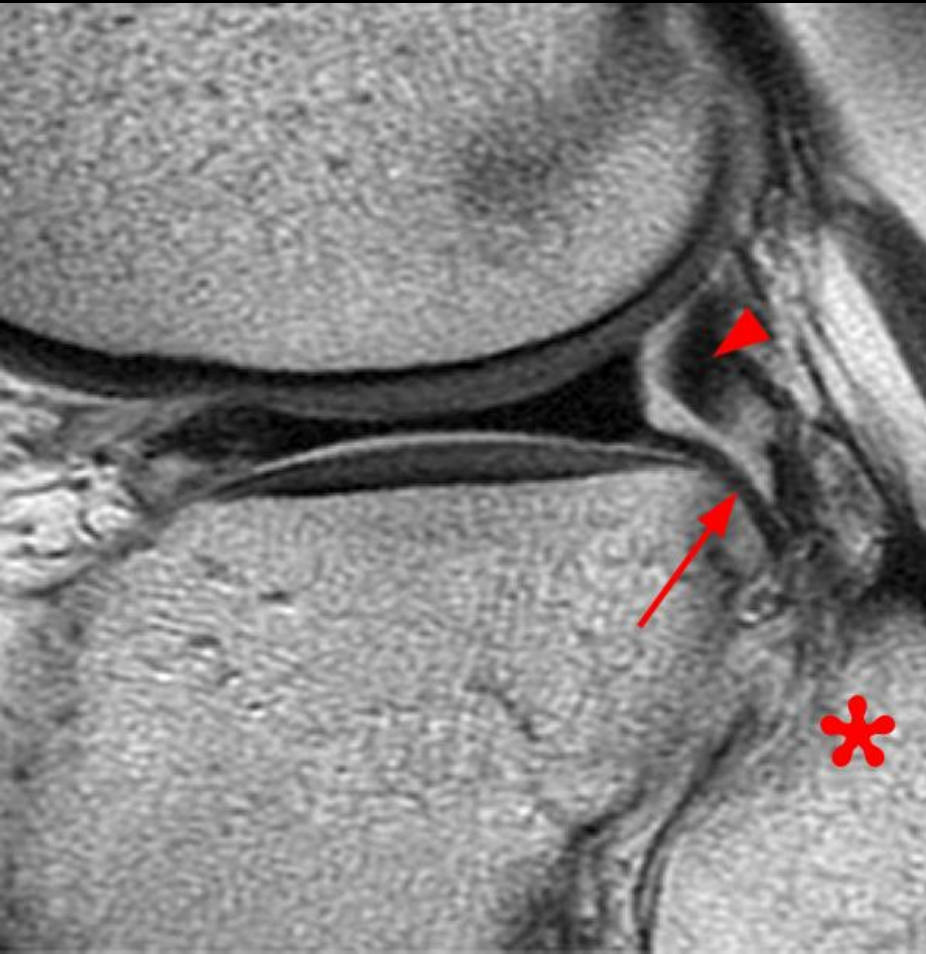
Normal Lateral Meniscus Anatomy

Soft Tissue Attachments:

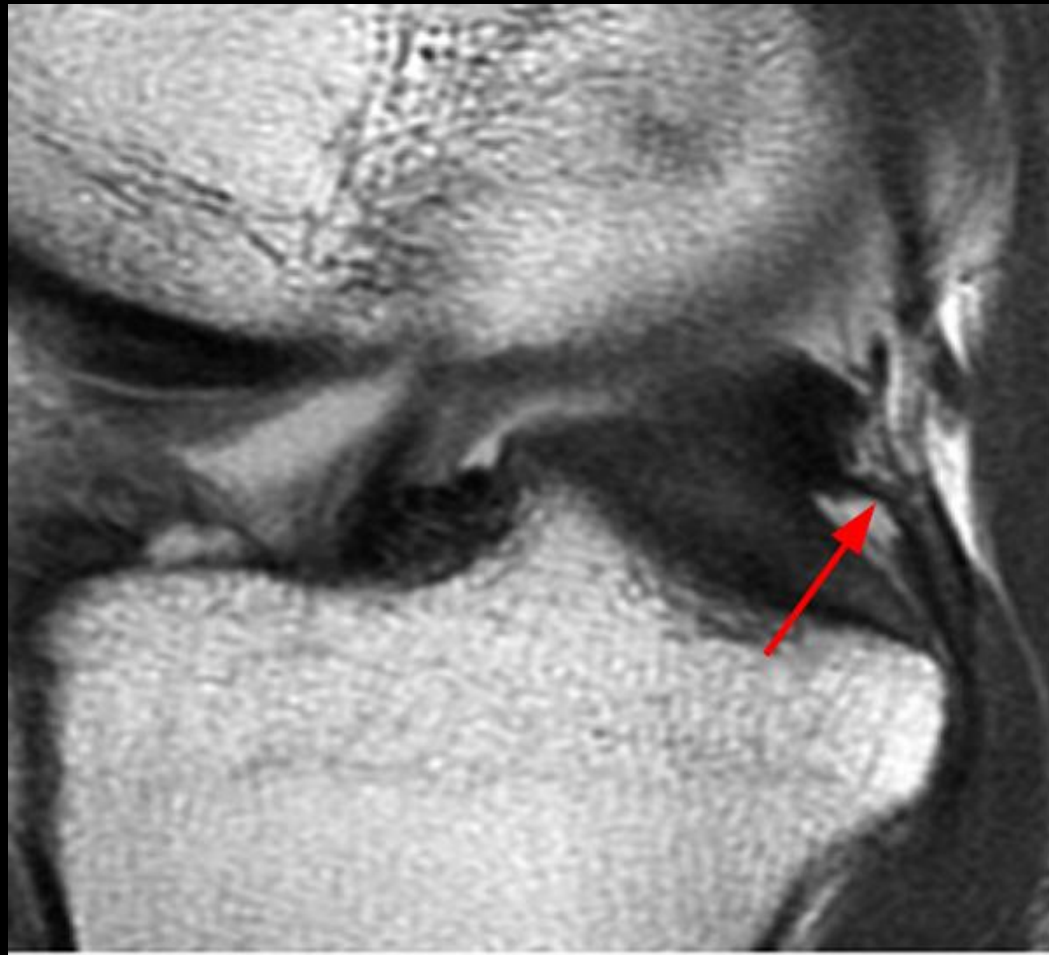
- Unlike MM, there is no attachment of the LM to its adjacent collateral ligament (LCL)
- Attached to the tibial plateau via the coronary ligament, except in the region of the popliteal hiatus.
- Posteriorly LM attaches via meniscoefemoral ligaments.
- Popliteomeniscal fascicles.



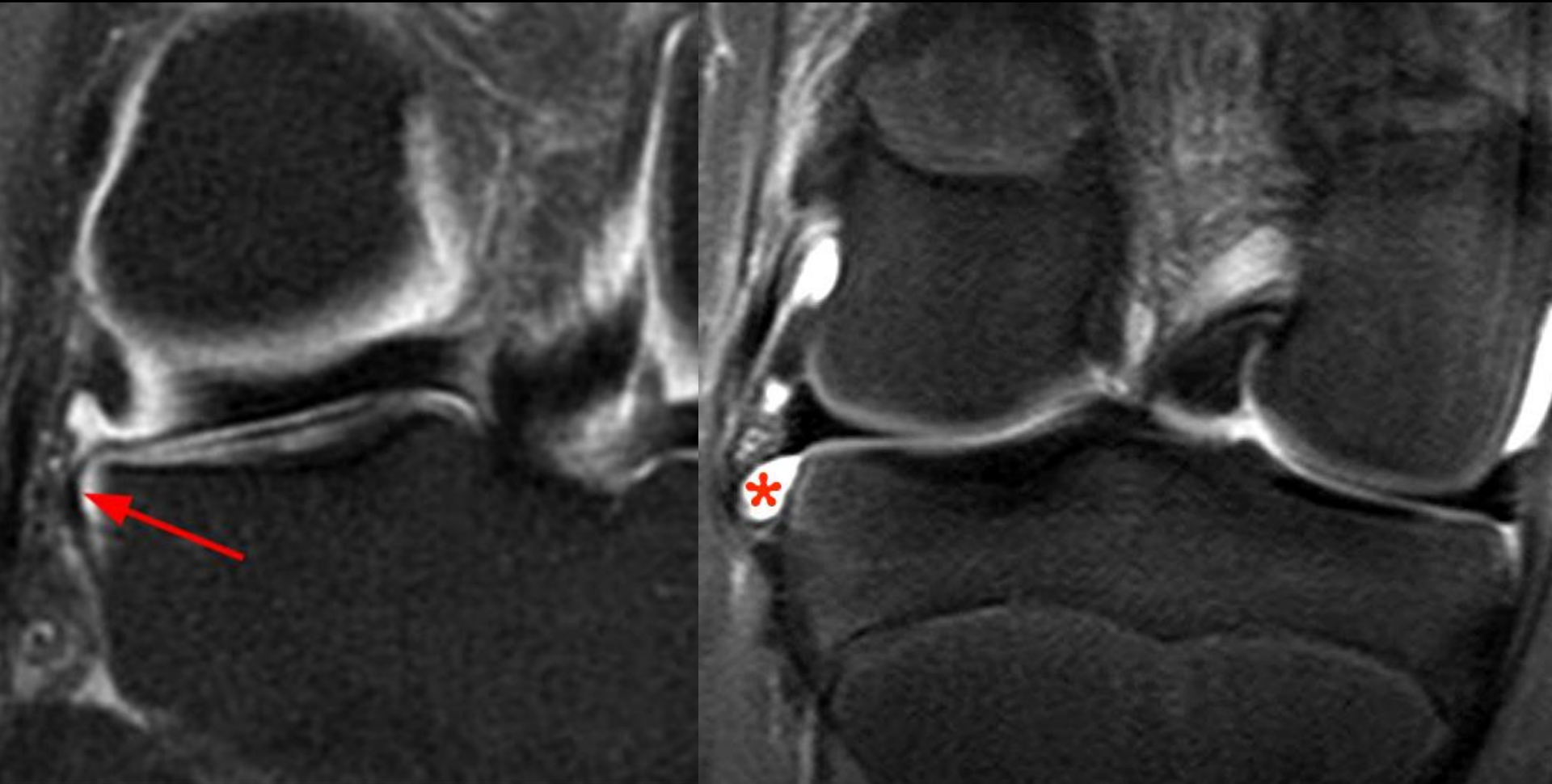
Anteroinferior and Posterosuperior Popliteomeniscal Fascicles



Posteroinferior Popliteomeniscal Fascicle

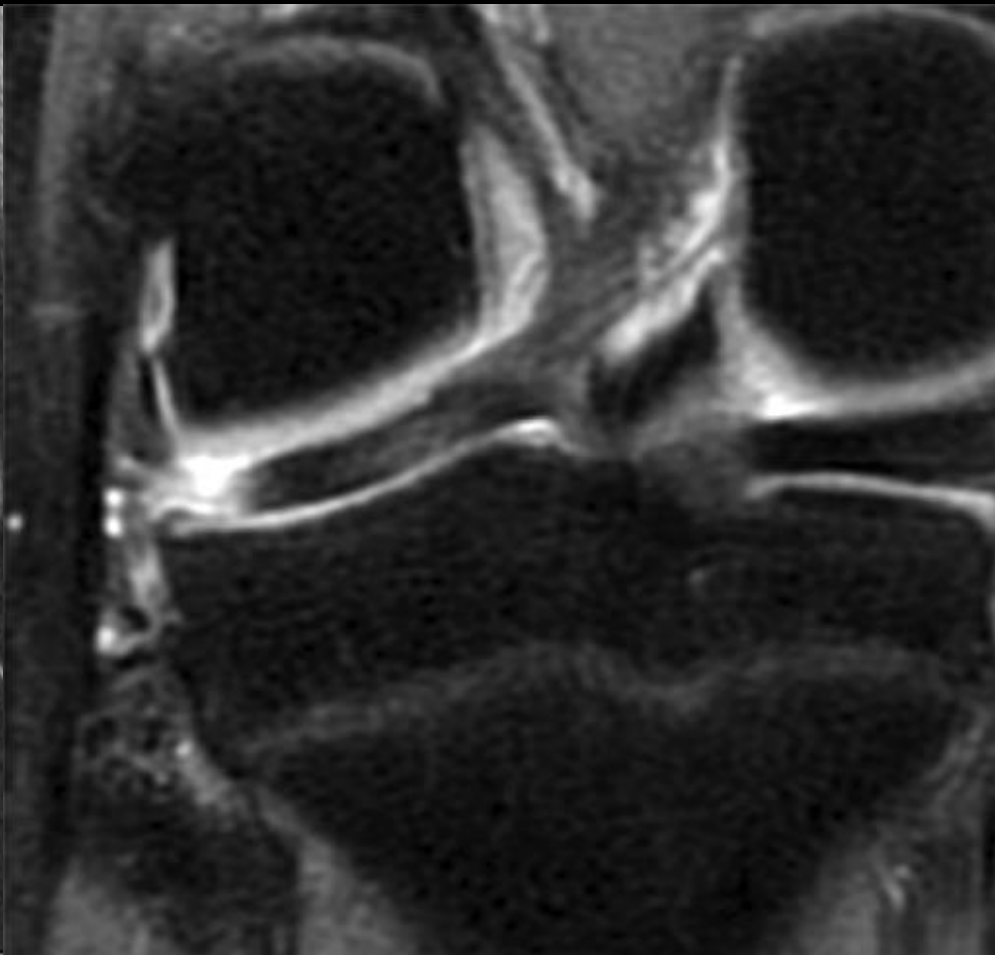


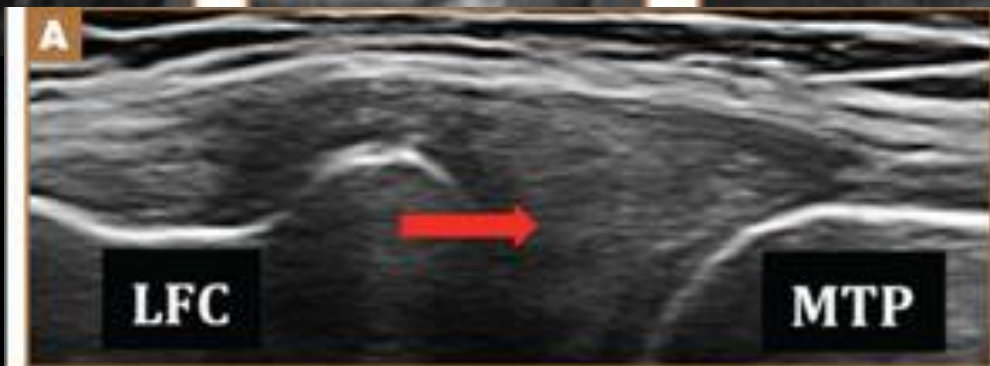
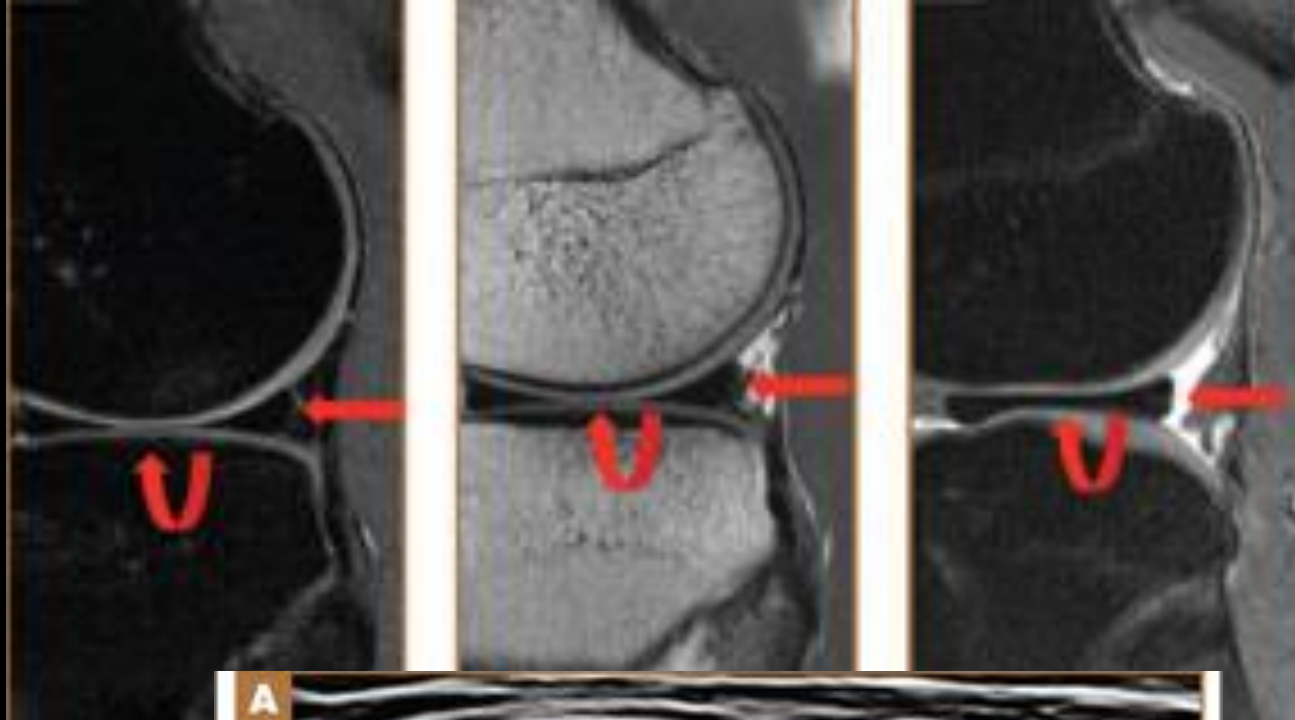
Coronary (Meniscotibial) Ligament



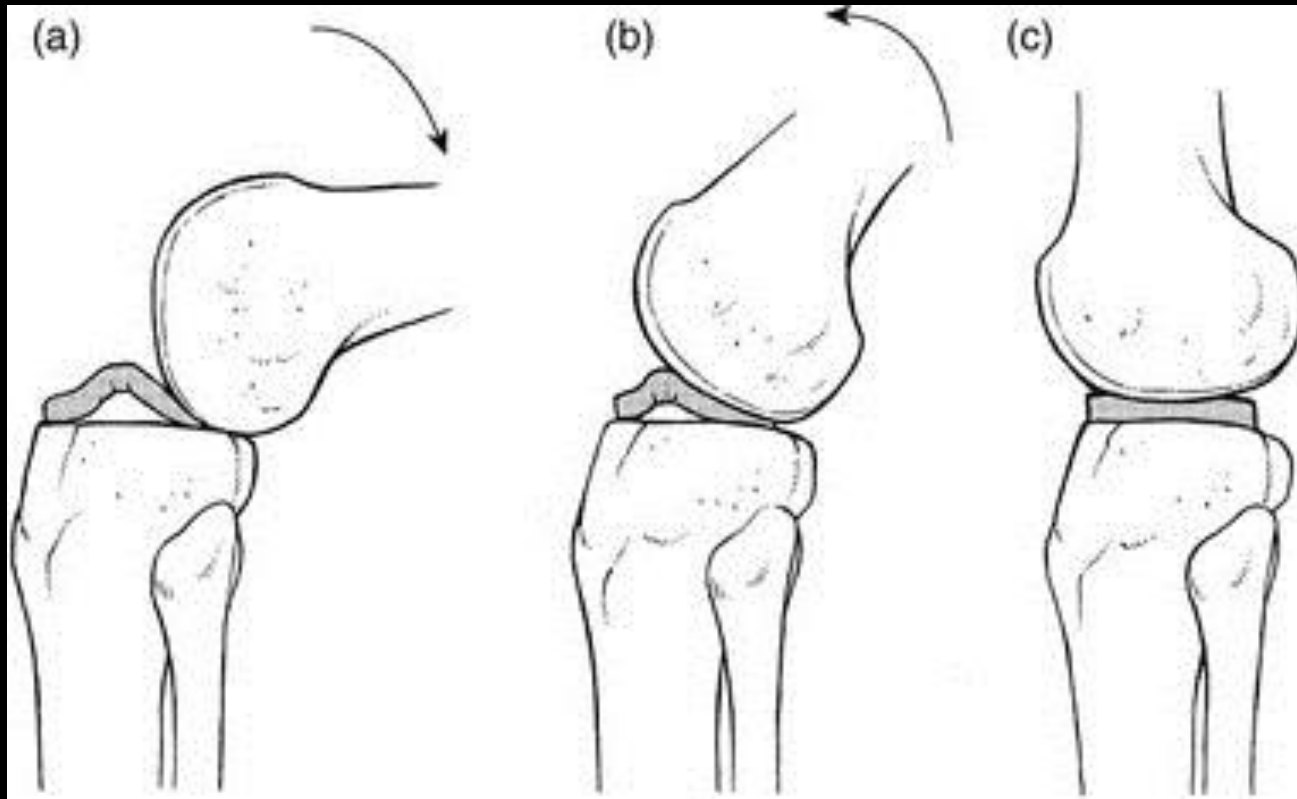
Posterior Meniscomfemoral Ligament Of Wrisberg







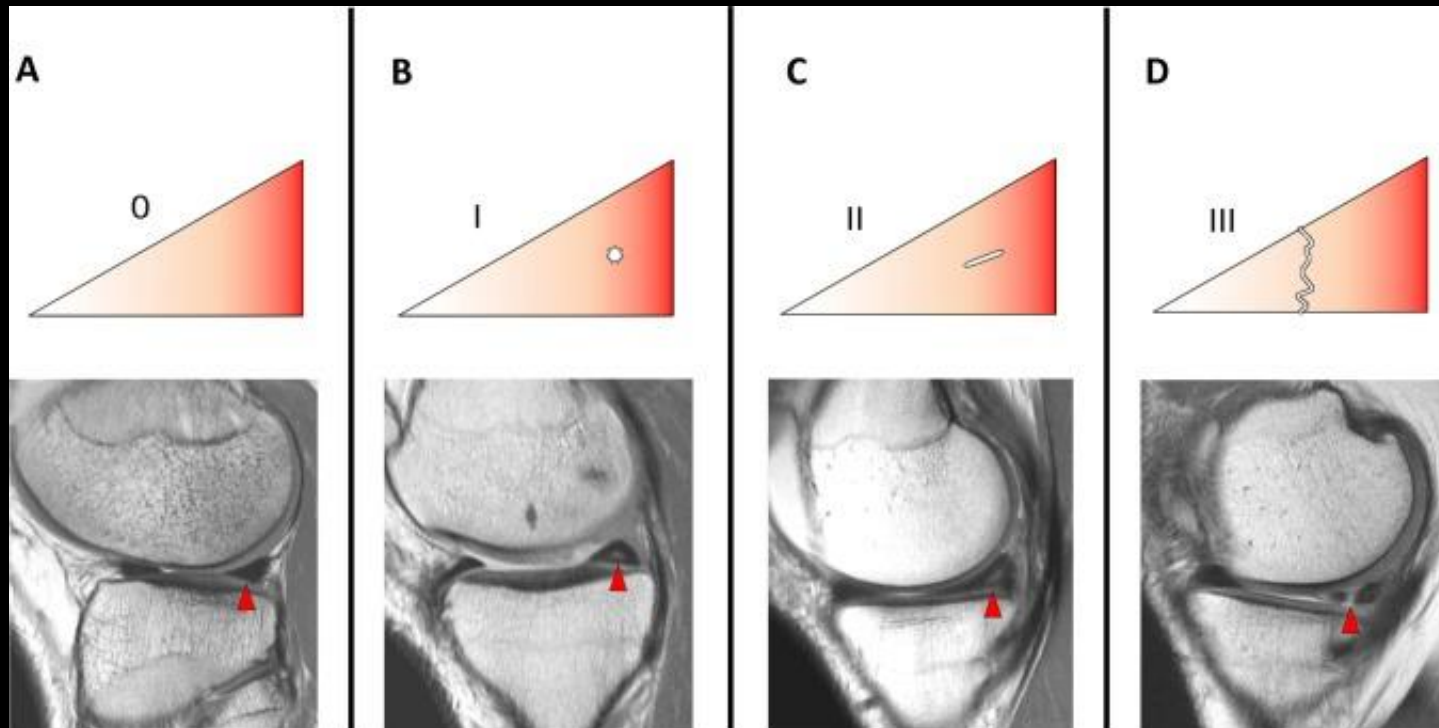
Snapping Knee



Isolated Popliteomeniscal Fascicle Tears

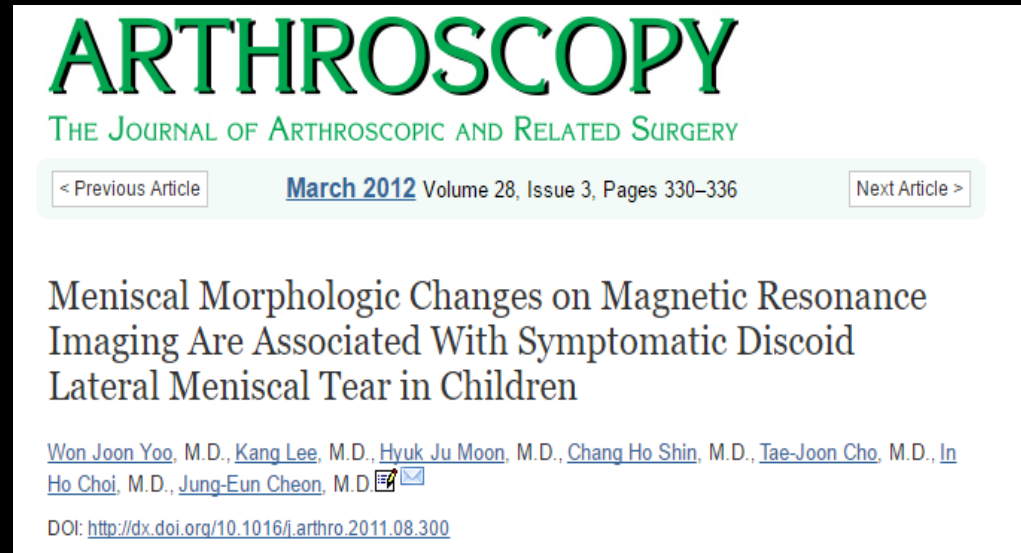


Meniscal Tears



DLM Tears

“...However, in our study tears were not uncommon in DLMs with signal changes other than grade 3 changes....the conventional MRI classification scheme based on signal changes seems to be limited in determining the DLM tears.”





The image shows a screenshot of a journal article page from Arthroscopy. The journal title 'ARTHROSCOPY' is prominently displayed in large green letters at the top. Below it, the subtitle 'THE JOURNAL OF ARTHROSCOPIC AND RELATED SURGERY' is written in smaller green text. A navigation bar contains links for '< Previous Article', the issue information 'March 2012 Volume 28, Issue 3, Pages 330-336', and 'Next Article >'. The main title of the article is 'Meniscal Morphologic Changes on Magnetic Resonance Imaging Are Associated With Symptomatic Discoid Lateral Meniscal Tear in Children'. The authors listed are Won Joon Yoo, M.D., Kang Lee, M.D., Hyuk Ju Moon, M.D., Chang Ho Shin, M.D., Tae-Joon Cho, M.D., In Ho Choi, M.D., and Jung-Eun Cheon, M.D. The DOI is provided as <http://dx.doi.org/10.1016/j.arthro.2011.08.300>.

ARTHROSCOPY
THE JOURNAL OF ARTHROSCOPIC AND RELATED SURGERY

[< Previous Article](#) **March 2012** Volume 28, Issue 3, Pages 330-336 [Next Article >](#)

Meniscal Morphologic Changes on Magnetic Resonance Imaging Are Associated With Symptomatic Discoid Lateral Meniscal Tear in Children

[Won Joon Yoo, M.D.](#), [Kang Lee, M.D.](#), [Hyuk Ju Moon, M.D.](#), [Chang Ho Shin, M.D.](#), [Tae-Joon Cho, M.D.](#), [In Ho Choi, M.D.](#), [Jung-Eun Cheon, M.D.](#)  

DOI: <http://dx.doi.org/10.1016/j.arthro.2011.08.300>

Treatment of DLM

- ASx discoid meniscus = no treatment required
- Sx and/or torn meniscus, and non-Wrisberg type DLM = partial meniscectomy (saucerization)
- Wrisberg type DLM = Traditionally total meniscectomy.
 - Sometimes in younger patients = partial meniscectomy with concomitant repair of the capsular attachment deficiencies may be performed

Our Case



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