





## **Meniscus surgery the most common orthopaedic surgery, it must be effective at solving knee pain, right?**

A series of very high-quality studies have questioned how effective knee meniscus surgery is at relieving long-term knee pain. Studies published in the New England Journal of Medicine and the British Medical Journal showed that outcomes from smaller meniscectomies, the most common type of clean up knee surgeries for meniscus tears, were no better than fake surgery. Another recent large study showed that knee meniscus tears in middle-aged and older adults were extremely common and are found in both patients with and without knee pain.

In 2013, a study compared physiotherapy alone to knee meniscus surgery and found that surgery was no better than physical therapy at reducing knee pain at 2 years.

## **If you have a torn meniscus that's causing pain, what else can you do?**

Since there is no scientific evidence that knee meniscus surgery helps patients in the long term, it seems like common sense to try to avoid this invasive surgery whenever possible.

There are regenerative procedures available to help people like you avoid invasive surgery, using a precise injection of your own mesenchymal cells or blood platelets directly into the meniscus tear to promote healing.

If you have a meniscus tear that's slowing you down, consider the most advanced mesenchymal cell and blood platelet procedures with MSK doctors to help you avoid surgery and get back to doing the things you love. There are also bracing option is available to have improve the symptoms.

## OPTIONS

- Non-surgical treatment
- Custom bracing
- Biological treatment
- Surgery
- Repair
- Resection



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