

Meniscus Tears - Knee Cartilage

The menisci are cartilage structures in the knee joint that act as buffers between the bones. The menisci are vulnerable to injury, especially during twisting motions used for sports. Some tears in certain parts of the meniscus may heal on their own, but in many cases surgery is necessary. Arthroscopic surgery is the accepted method of treating **meniscus tears**. Because the joint is not fully opened, recovery is faster and has fewer complications than with older open surgery methods.