

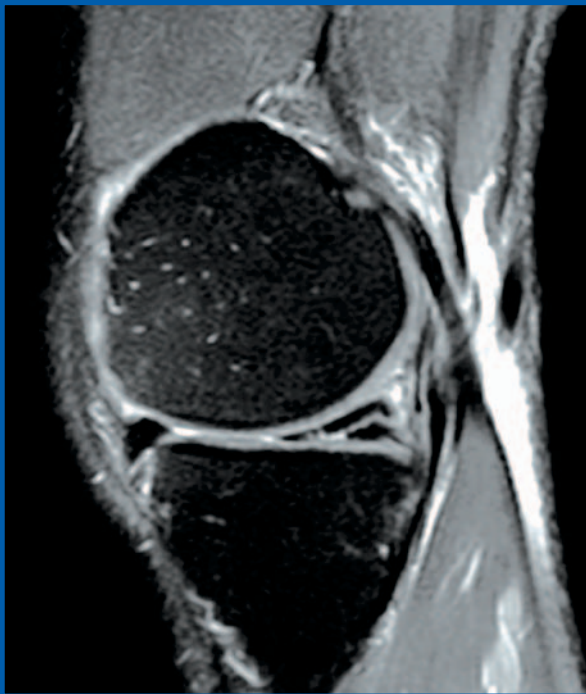
## CHALLENGES IN

# SPORTS MEDICINE & ORTHOPEDICS

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**FIGURE 1**



**FIGURE 2**



A 36-year-old man presents with a 1-month history of persistent pain in the medial aspect of his left knee. The pain began after he jumped out of his truck and twisted his knee. He states the pain is worse when he is pivoting on his foot or climbing stairs. Radiographs of the knee are noncontributory. MRI is completed. Figures 1 and 2 are sagittal and coronal MR images of the left knee.

**How would you interpret these images?**

**Dr. Patterson**, editor of "Challenges in Sports Medicine and Orthopedics," is the director of sports medicine at the National Training Center Sports Medicine Institute. He is board certified in family medicine and spinal cord injury medicine and is fellowship trained in sports medicine. **Dr. Ray** is the CEO of NTC Health and is a board-certified orthopedic surgeon specializing in sports medicine. The National Training Center Sports Medicine Institute in Clermont, Florida, specializes in the nonoperative and operative orthopedic treatment of patients of all ages, including elite performance athletes.

CONTINUED

FIGURE 1



FIGURE 2



These MR images of the left knee reveal a tear in the posterior horn of the medial meniscus. In the young-adult population, twisting motion of the knee with the foot planted is the most common mechanism of injury for meniscal tears. With increasing age, meniscal tears are more commonly associated with worsening degenerative joint disease in the knee. The history often includes pain during twisting motion (eg, while getting into or out of a car or pivoting on the foot of the affected leg) or while climbing stairs or squatting. After acute injury, physical exam usually reveals mild

swelling, decreased range of motion, and pain with palpation over the medial aspect of the joint. The McMurray test may or may not be positive. Injuries of the meniscus are the most frequent reason for arthroscopy of the knee.<sup>1</sup> This patient was referred to an orthopedic surgeon and scheduled for arthroscopy of the left knee.

#### REFERENCE

1. McMahon PJ, Kaplan LD. Sports medicine: meniscus injury. In: Skinner H. *Current Diagnosis & Treatment in Orthopedics*. 4th ed. New York, NY: McGraw Hill; 2006:170-174.