

Torn Meniscus

Written by Bonner Law | JULY 8, 2021 | MEDICAL MALPRACTICE

What is a torn meniscus?

The meniscus is a C-shaped piece of cartilage that acts as a cushion between the thighbone, kneecap, and tibia to prevent them from rubbing against each other.^[1] It also functions as a shock absorber, allowing us to walk and run without damaging the bones that meet at the knee.^[2] Each knee joint contains two menisci. Damage to this is a **torn meniscus**. It is one of the most common types of knee injuries.^[3] A meniscus tear rarely heals on its own. Once it tears, use of the knee prevents healing and may aggravate the situation.^[4]

A meniscus injury can cause lifelong complications. The list includes need for treatment, therapy, and surgical procedures.^[5] Some patients might have a portion, or all their meniscus removed once injured, and yet later on develop arthritis.^[6] This reduces their quality of life, making it difficult to remain active or perform certain jobs.

A torn meniscus is a very common injury suffered in **car accidents**.^[1] Any type of car accident puts a lot of excessive force on the knees of drivers and passengers. Through blunt force trauma or twisting that occurs through a collision impact, are some ways that a meniscus may tear.

How do I know if I have a torn meniscus?

Some usual occurrences help assess whether a meniscus has been torn. Usually, there might be a painful popping sensation in the knee when it is first injured.^[2] Soon after the tear, the knee might also swell and become stiff.^[3] When there is a torn meniscus, it will also be difficult to fully straighten the knee and any movement or rotation of it will be very painful.^[4] A common symptom most people experience is the feeling of the knee being locked in place or feeling like the injured knee is giving way.^[5]

What can I get compensated for?

The main factors that impact the value in these types of personal injury cases are the severity of the tear and the level and extent of medical treatment required.

Conservative Treatment: the most conservative level of treatment; includes rest, ice packs, and anti-inflammatory medications.

Rehabilitative Therapy: physical therapy in order to strengthen the muscles around the knee and leg to increase stability and support for the injured parts.

Surgery: This last option for treatment is available when all other methods are not effective. A failure rate on a meniscus surgery is still rather high, even though young people do better than adults do after this surgery. ^[6]

In a knee injury in a car crash claim; typically, surgery will be expensive, rehabilitation is significant, and work will be put on hold for some amount of time. Even life after surgery may change. Many patients have reported a declined sense of movement in the knee following surgery^[7], this affects their general mobility, and life in work and sports. This brings attorneys to ask for non-economic financial compensation (like pain and suffering) besides the economic damages such as medical bills and lost wages, to name a couple.

If you, or someone you know, have been injured in a car accident that was not your fault and have suffered any type of injury, please contact Michael P. Bonner, Esq. at mbonner@bonner-law.com or call us at [305-676-8800](tel:305-676-8800) for a free consultation. Mr. Bonner is an attorney with over 30 years of experience in personal injury litigation.

[1]<https://www.joionline.net/trending/content/what-meniscus>[2]*Id.*

[3]<https://rothmanortho.com/stories/blog/the-5-most-common-knee-injuries#:~:text=Meniscus%20tears%20occur%20frequently%20during,result%20in%20a%20torn%20meniscus.>

[4]<https://www.joionline.net/trending/content/what-meniscus>

[5] https://www.medicinenet.com/torn_meniscus/article.htm [6] *Id.*

[7] <https://aidmymeniscus.com/meniscus-injuries/causes.php> [8] *Id.* [9] *Id.*

[10] <https://www.cedars-sinai.org/health-library/diseases-and-conditions/t/torn-meniscus.html> [11] *Id.*

[12] https://www.medicinenet.com/torn_meniscus/article.htm

[13] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6055776/>

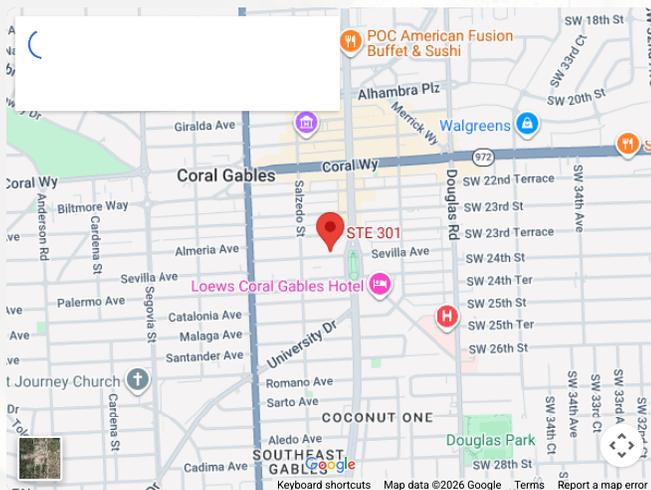
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