



Knee Disorders

Knee disorders are exceptionally common among both active and sedentary individuals. Symptoms may include pain, swelling, a sense of catching or giving way. Certainly many issues of the knee occur after a traumatic injury (car accident, fall, sports contact injury) but many significant injuries can occur without major trauma. ACL ruptures commonly occur during sports, but surprisingly often without a collision event. Meniscus tears commonly occur without any specific recalled trauma. Over the past several years, a separate diagnosis (meniscal root avulsion) has been identified and causes rapid progressing of knee arthritis.

Some diagnoses are best treated surgically, but increasingly with “Regenerative” techniques, more and more diagnoses are being treated initially at our offices with non-surgical methods. (see [PRP - Platelet Rich Plasma](#) and [Stem Cells](#)).

Diagnoses commonly treated:

Meniscus:

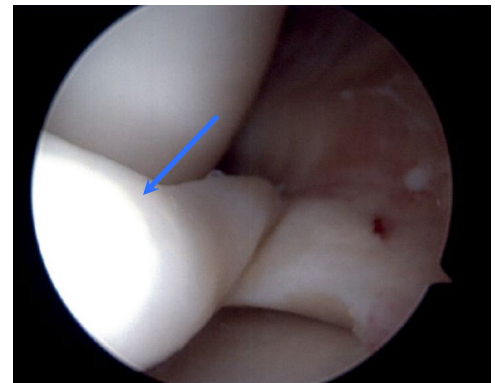
- Meniscus tear
- Meniscal root avulsion
- Parameniscal cyst

Ligaments

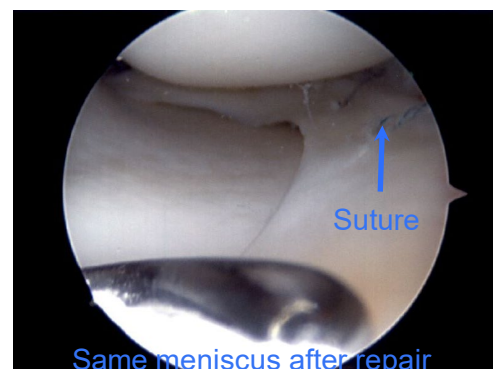
- ACL injury
- PCL injury
- MCL injury
- LCL injury
- MPFL injury (associated with kneecap dislocation)

Cartilage

- Isolated chondral injury
- Osteochondral lesion
- Osteochondritis dessicans
- Single compartment knee arthritis
- Global knee arthritis



Torn and flipped “Bucket handle meniscus tear



Same meniscus after repair

If you are having difficulty with your knee(s), see the [Request Appointment](#) page, or contact Dr. Feinblatt at the number below for an appointment to discuss your options.