

Rare Case Bilateral Discoid Medial Meniscus with Congenital Patellar Hypoplasia

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INTRODUCTION:

Bilateral discoid medial meniscus are exceptionally rare congenital pathology of the knee joint that has low reported incidence. Discoid menisci are more common on the lateral side of the knee. The incidence of discoid medial meniscus at 0.12%, compared to 1.5% for discoid lateral meniscus, bilateral cases even more rare 0.012%.

REPORT:

A 32 years old gentleman complained of bilateral knee pain more towards the left knee since 2015. He claims that the pain developed after having a trivial fall during jogging. Patient underwent physiotherapy and intra articular knee injections but symptoms only resolved temporary and been worsening for past 1 year. MRI of bilateral knee was done and was diagnosed of bilateral knee discoid medial meniscus and was then referred to our centre. On examination, there was patellofemoral crepitus, medial joint line tenderness and patella mobility was limited laterally. Xray of bilateral knee showed patella hypoplasia with trochlea dysplasia with reduced in patellofemoral joint space. Patient decided to proceed with operation over the left knee first in view of more significant pain. Patient underwent left knee meniscus reshapping and stabilization of the medial meniscus. Post operative, patient was very satisfied with the outcome and underwent surgery over the right knee after 8 months

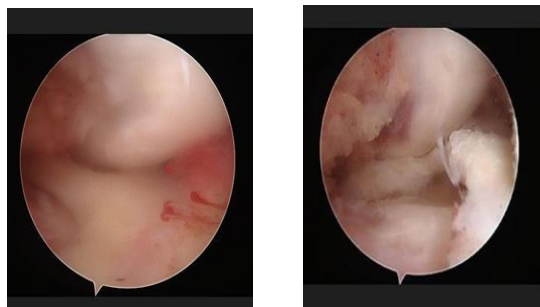


Figure 1: Medial Discoid Meniscus Before And After Reshapping And Stabilization

CONCLUSION:

Bilateralism should be ruled out in all cases of discoid medial meniscus so precautions can be taken to avoid a similar injury in the contralateral asymptomatic knee. Reshapping and stabilization of meniscus are the preferred management for cases failing conservative treatment.

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