

Double Trouble: Concurrent Medial and Lateral Meniscus Bucket Handle Tear in Unilateral Knee

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INTRODUCTION:

Bucket handle meniscus tear account for 10% of all meniscus tear. However, concurrent medial and lateral meniscus bucket handle tear in same knee is rare and less reported in the literature. We present a case of concurrent findings of medial and lateral meniscus bucket handle tear in 28-year-old gentleman who was presented with chronic right knee pain following a motor vehicle accident. The patient was successfully treated with partial meniscectomy of both medial and lateral meniscus.

REPORT:

A 28-year-old gentleman with underlying gouty arthritis for the past 5 years presented with persistent right knee pain for 2 years. The pain preceded a motor vehicle accident when he was a motorbike rider and skidded while trying to avoid a car. At that time, his right knee planted onto the road and he fell to the right side. Upon presentation to our healthcare facility, he complained of persistent right knee pain and intermittent right knee swelling for the past 2 years despite optimizing his gouty arthritis treatment. It was associated with a locked knee but no instability. On physical examination, the range of motion in the right knee was 10 to 135 degrees. The anterior drawer test showed grade 2 laxity with a firm endpoint. McMurray's test was positive for both valgus and varus stress.

The plain radiograph was unremarkable. Subsequently, Magnetic Resonance Imaging (MRI) of the right knee was performed, revealing a suspicious complete ACL tear with a posterior cruciate ligament (PCL) sprain. There were also findings of a lateral meniscus bucket handle tear and complex medial meniscus tear. Patient underwent diagnostic arthroscopy of right knee with findings of partial ACL tear and bucket handle tear of both medial and lateral meniscus. The lesion was unable to reduce.

Partial meniscectomy of the medial and lateral meniscus was performed. Follow up six months postoperatively, the patient's range of motion of the right knee was full and the patient was able to engage in light sports activities such as jogging and cycling.



Figure 1: Intraoperative findings showing degenerated bucket handle tear of medial meniscus.

CONCLUSION:

A simultaneous lateral and medial bucket handle meniscus tear in one knee is uncommon. MRI is effective in detecting this type of tear. It's crucial for clinicians to consider a bucket handle tear when a patient experiences recurrent knee pain and swelling, allowing for prompt intervention with meniscus repair. Repairing the meniscus is preferable to partial meniscectomy for preventing early onset of osteoarthritis in the future.

REFERENCES:

1. Cetik et al., Knee Surg Sports Traumatol Arthrosc. 2006;14(4):356-9