

“ NOS HEMOS VENIDO ARRIBA
NO HAY QUE SUTURARLO TODO “

GONZALO SAMITIER

Centre Mèdic  quirónsalud
(Barcelona) Aribau



CONGRESO CONJUNTO
AEA - SEROD
9th JOINT AEA-SEROD CONGRESS
MURCIA
1 - 3 DE JUNIO | 2022

MESA REDONDA

Lesiones meniscales radiales. ¿Cuándo y cómo tratarlas?



Current Disclosure Summary

Submitted on: 05/21/2022

Arthrex, Inc: Paid presenter or speaker

ESSKA (European Society of Sports Traumatology, Knee Surgery and Arthroscopy) Board ESA Section committee member

Knee Surgery, Sports Traumatology, Arthroscopy: Editorial or governing board

Smith & Nephew: Paid presenter or speaker



PRONÓSTICO

- Técnicos
- Biológicos
- Biomecánicos
- Paciente
- Nivel y tipo actividad

Higher meniscal healing rates in patients with

- Age <40 years
- Male
- Body mass index <26
- Red-red tear location
- Tear in posterior horn
- Vertical tear
- Outside-in technique
- Concomitant ACLR
- Weight-restricted rehabilitation
- Second-look arthroscopy >12 months

Second-Look Arthroscopic Evaluation of Healing Rates After Arthroscopic Repair of Meniscal Tears

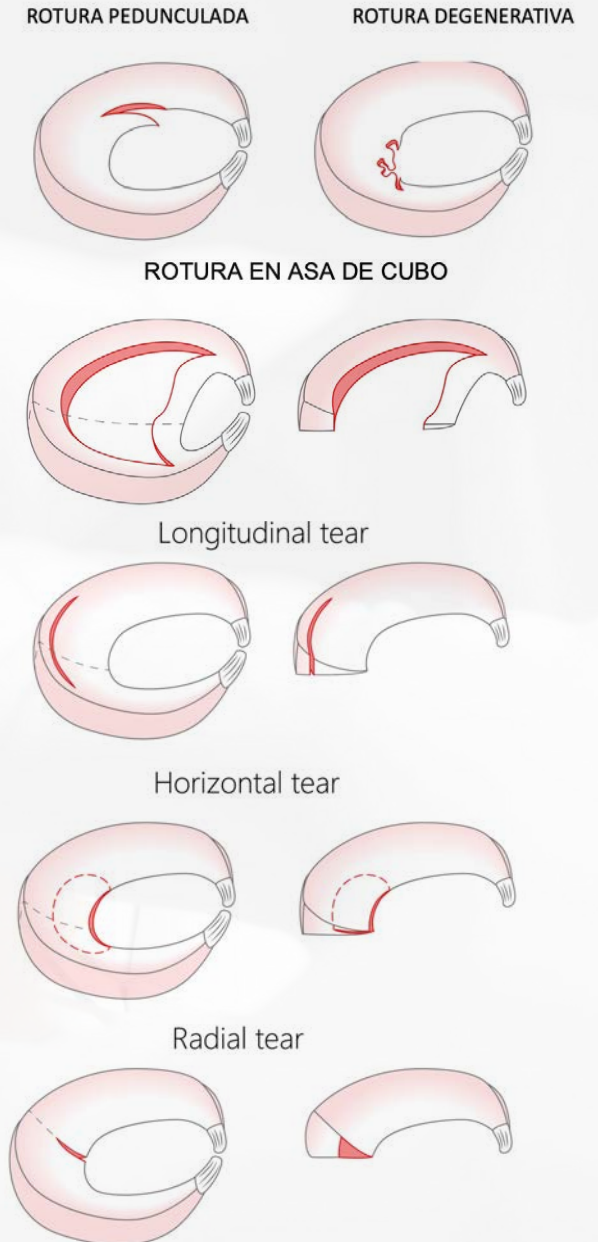
A Systematic Review and Meta-analysis

Wenli Dai,* MD, Xi Leng,[†] MD, Jian Wang,[‡] MD, Xiaoqing Hu,^{*§} MD, and Yingfang Ao,^{*§} MD, PhD
Investigation performed at Peking University Third Hospital, Beijing, People's Republic of China

The Orthopaedic Journal of Sports Medicine 2021

COMPLETE HEALING RATE

- Vertical tears 78%
- Horizontal tears 73%
- Complex tears 70%
- Radial tears 64%
- Root tears 64%



Second-Look Arthroscopic Evaluation of Healing Rates After Arthroscopic Repair of Meniscal Tears

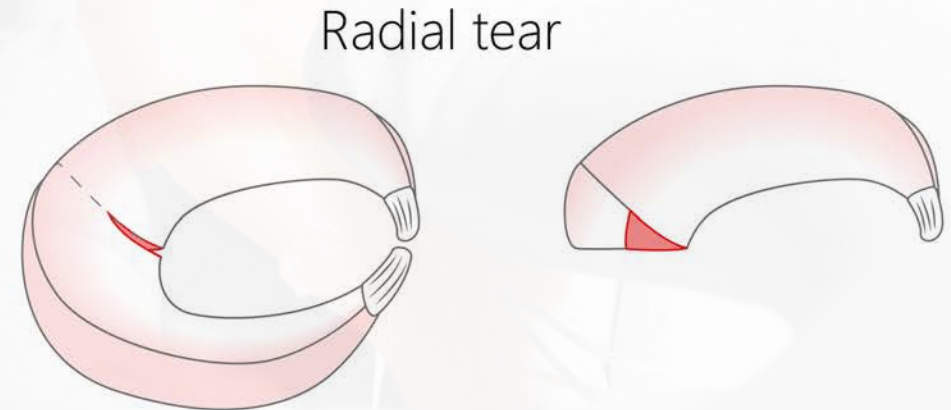
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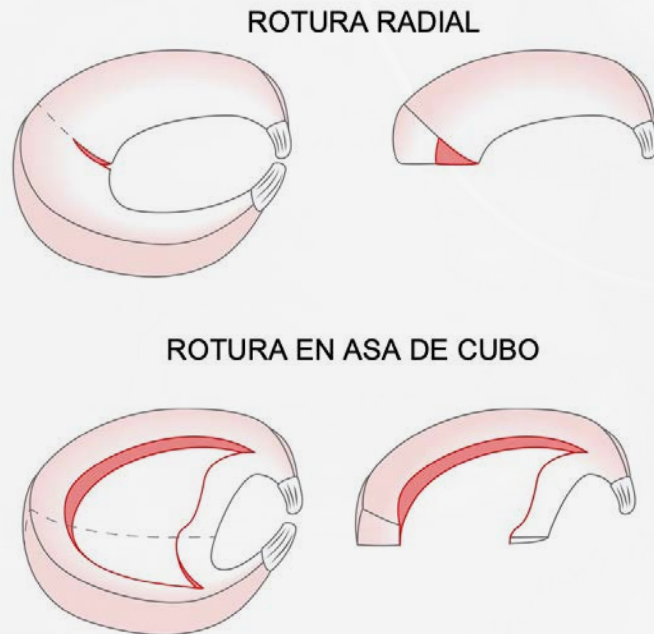


Comparative Outcomes of Radial and Bucket-Handle Meniscal Tear Repair

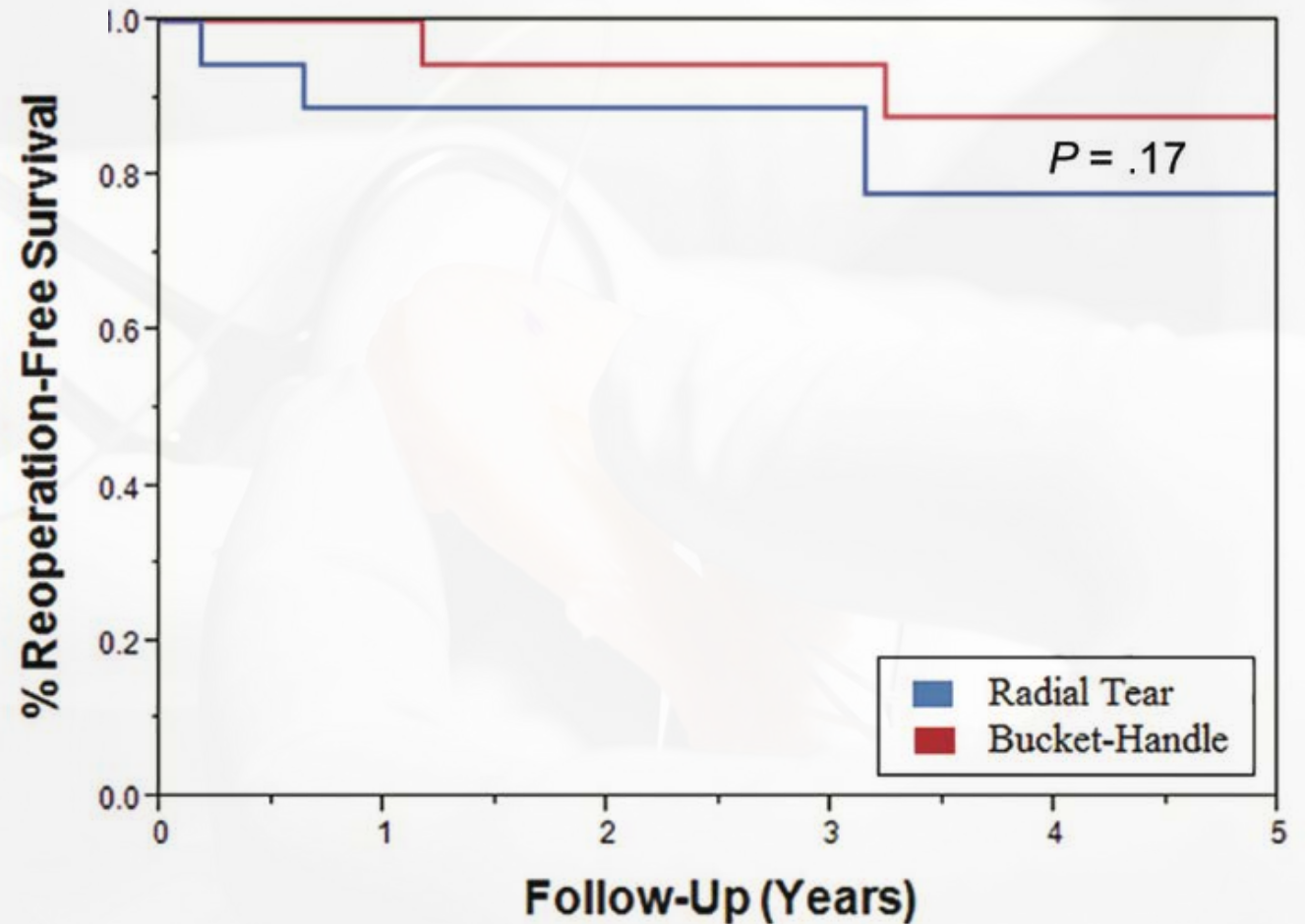
A Propensity-Matched Analysis

Isabella T. Wu,* BA, Mario Hevesi,* MD, Vishal S. Desai,* BS, Christopher L. Camp,* MD, Diane L. Dahm,* MD, Bruce A. Levy,* MD, Michael J. Stuart,* MD, and Aaron J. Krych,*† MD
Investigation performed at the Department of Orthopedic Surgery, Mayo Clinic, Rochester, Minnesota, USA

The American Journal of Sports Medicine 2018



Second look evaluation



Several Techniques Exist With Favorable Biomechanical Outcomes in Radial Meniscus Tear Repair—A Systematic Review

James Oosten, B.S., Robert Yoder, B.S., Alex DiBartola, M.D., M.P.H., Josh Bowler, M.D., Alex Sparks, B.A., Robert Duerr, M.D., Robert Magnussen, M.D., M.P.H., Christopher Kaeding, M.D., and David Flanigan, M.D.

Arthroscopy Journal 2022

RESEARCH

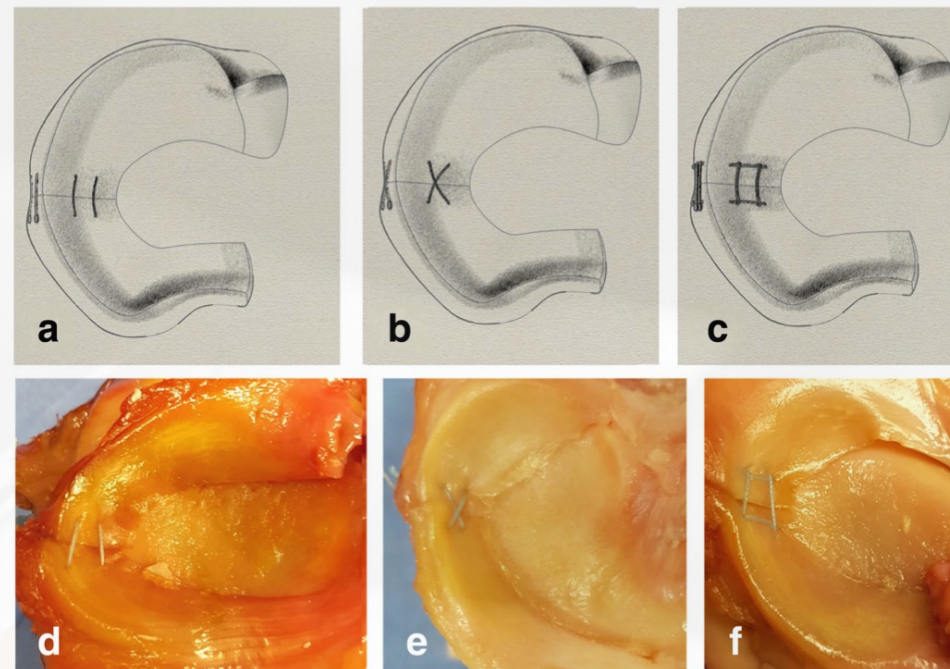
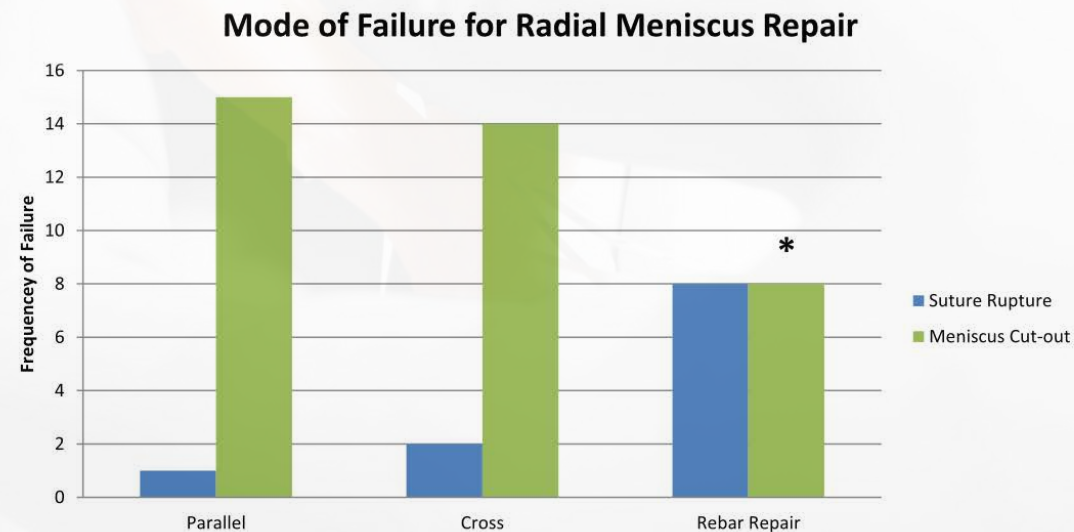
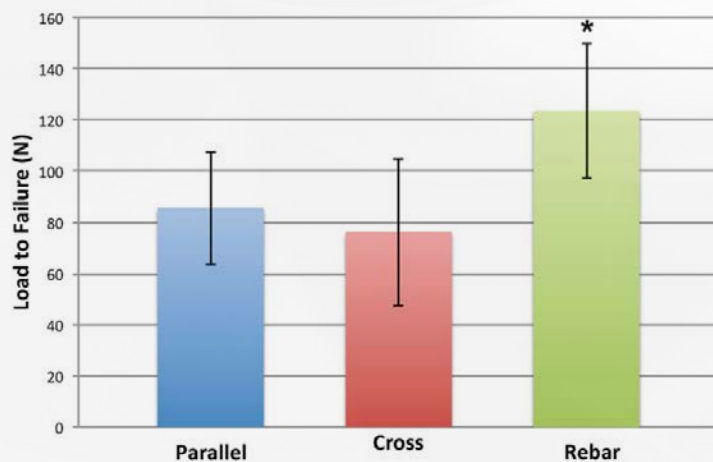
Open Access

The rebar repair for radial meniscus tears: a biomechanical comparison of a reinforced suture repair versus parallel and cross-stitch techniques



Patrick Massey, Kaylan McClary, David Parker, R. Shane Barton and Giovanni Solitro

Journal of Experimental Orthopaedics 2019



Several Techniques Exist With Favorable Biomechanical Outcomes in Radial Meniscus Tear Repair—A Systematic Review

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Arthroscopy Journal 2022

RESEARCH

Open Access

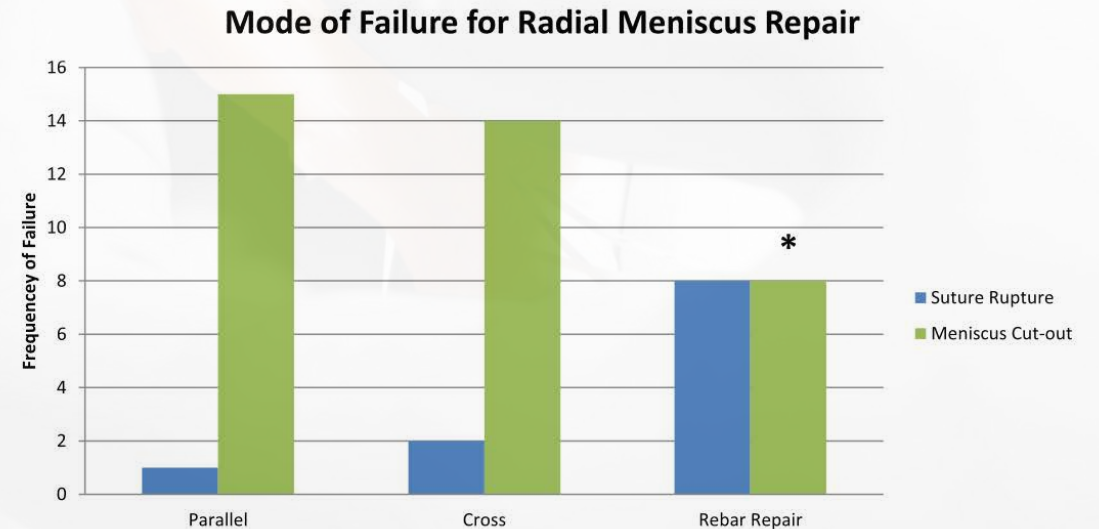
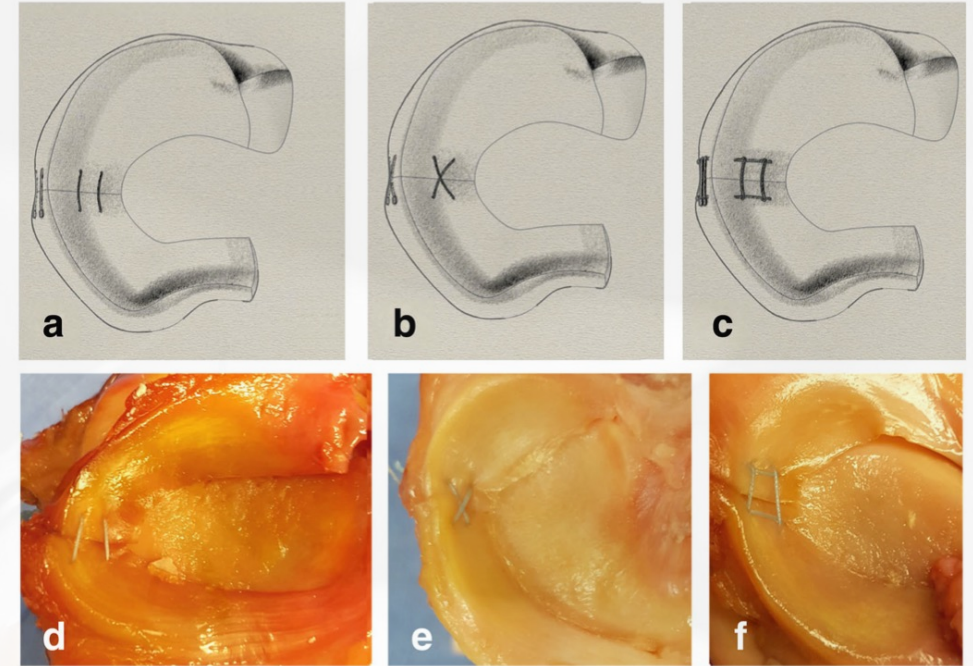
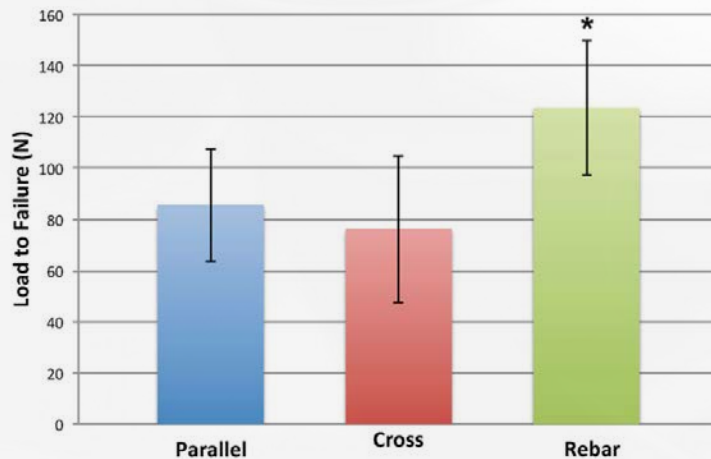
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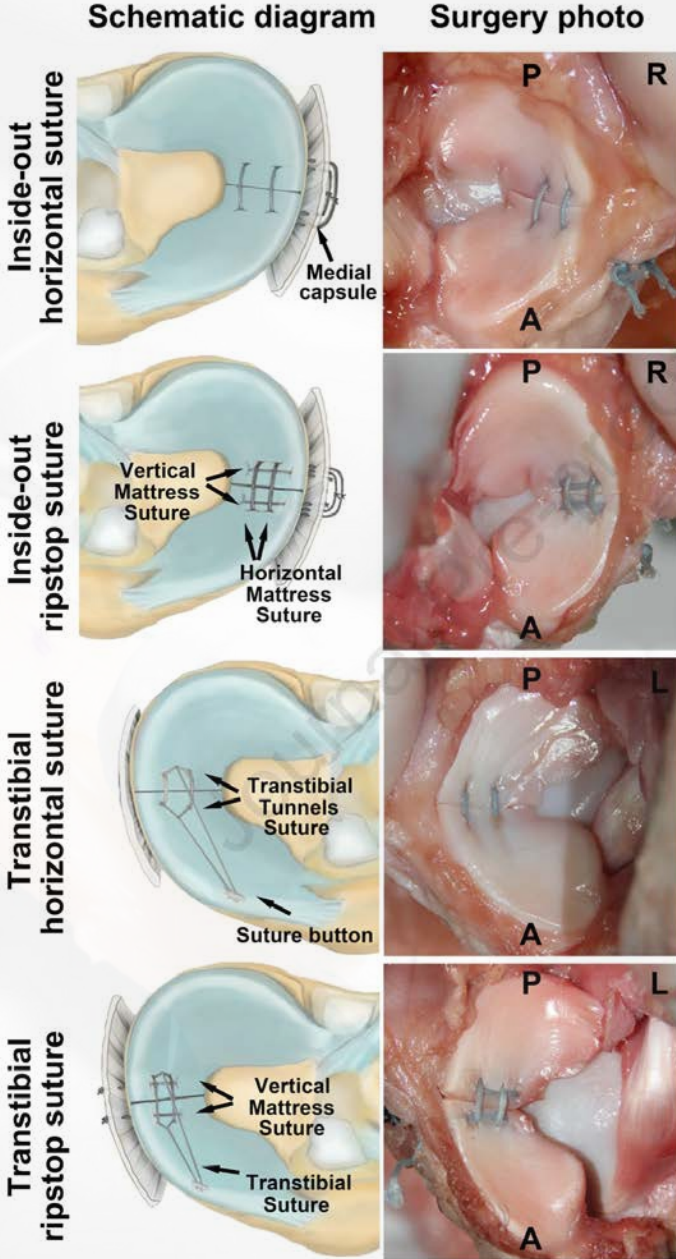
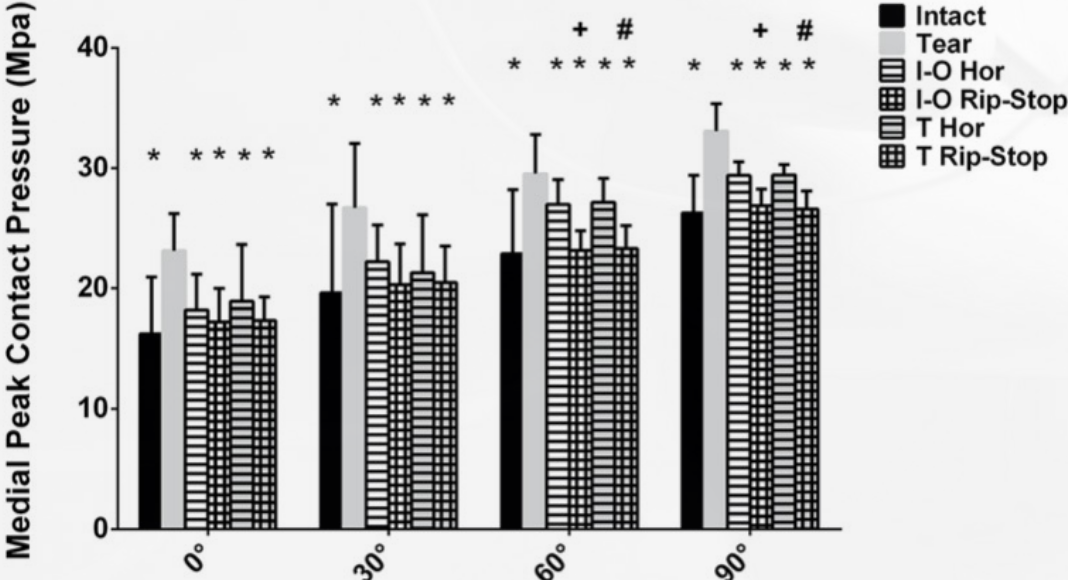
“#”



Tibiofemoral Contact Mechanics After Horizontal or Ripstop Suture in Inside-Out and Transtibial Repair for Meniscus Radial Tears in a Porcine Model

Hao-Zhi Zhang¹, Yun-Feng Zhou¹, Wei-Ping Li², Huan Luo¹, Jing-Ting Wu³, Chuan Jiang¹, Zhong Chen¹, Jing-Yi Hou¹, Rui Yang¹, Bin Song⁴, Zheng-Zheng Zhang⁵

Arthroscopy Journal 2021

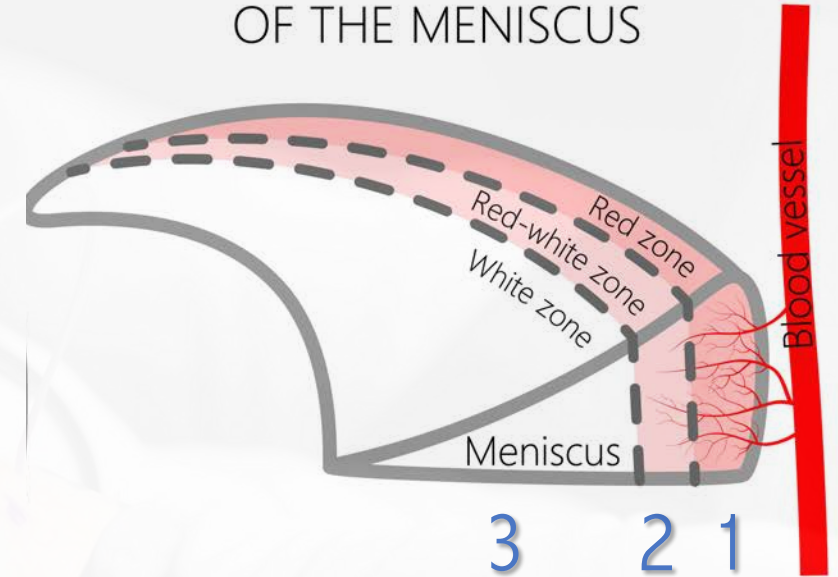


Higher healing rate after meniscal repair with concomitant ACL reconstruction for tears located in vascular zone 1 compared to zone 2: a systematic review and meta-analysis

L. M. Gerritsen¹ · T. J. N. van der Lelij¹ · P. van Schie¹ · M. Fiocco^{2,3} · E. R. A. van Arkel⁴ · R. G. Zuurmond⁵ · S. Keerweer⁶ · P. B. A. A. van Driel⁵

KSSTA 2022

CROSS SECTION OF THE MENISCUS



- Healing rate was 83% in zone 1 69% for tears in zone 2
- Odds ratio 2.5 zone 1 vs zone 2 tears

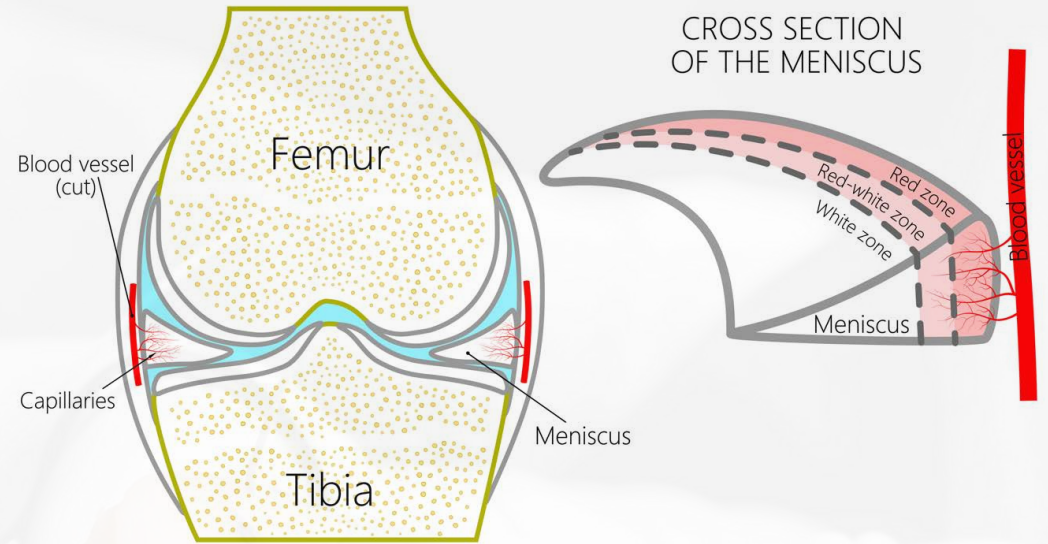
Only studies that confirmed a healed meniscus by second-look arthroscopy were included.

Repair Augmentation of Unstable, Complete Vertical Meniscal Tears With Bone Marrow Venting Procedure: A Prospective, Randomized, Double-Blind, Parallel-Group, Placebo-Controlled Study

Rafal Kaminski, M.D., Ph.D., Krzysztof Kulinski, M.D.,
Katarzyna Kozar-Kaminska, M.D., Ph.D., Marcin K. Wasko, M.D., Ph.D.,
Maciej Langner, M.D., and Stanislaw Pomianowski, M.D., Ph.D

Arthroscopy Journal 2019

FRONTAL SECTION OF THE HUMAN KNEE.
BLOOD SUPPLY TO THE MENISCUS.



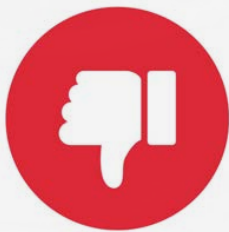
- Prospective RCT
- Rate of meniscus healing (100% vs. 76%)

A pair of hands in white gloves is shown performing a surgical procedure on a medical model. The hands are holding a surgical instrument, possibly a grasper or forceps, and are positioned over a small, orange-colored anatomical structure. The background is a soft, out-of-focus white, suggesting a clinical or laboratory setting. The word "INDICACIONES" is overlaid in the center in a bold, blue, sans-serif font.

INDICACIONES

MENISCECTOMÍA

- Zona 3
- Lesiones degenerativas
- Reintervención
- >40 años
- Menisco medial
- No cumplidores
- Baja demanda
- Competición



REPARACIÓN

- Zona 1-2
- Lesiones agudas
- <20 años
- Menisco lateral
- LCA asociado
- Alta demanda
- Motivado

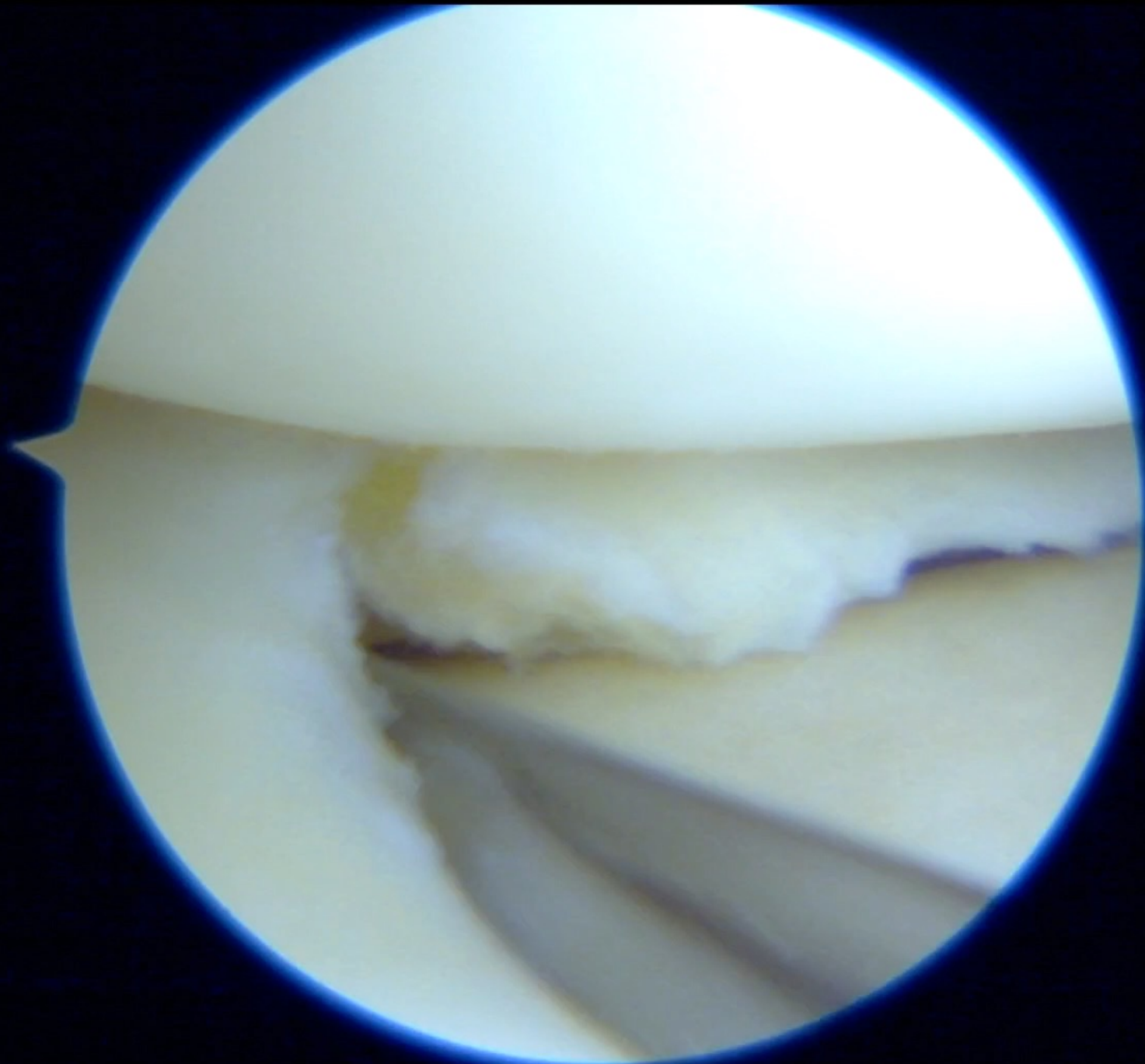




CASOS CLÍNICOS

CASO 1

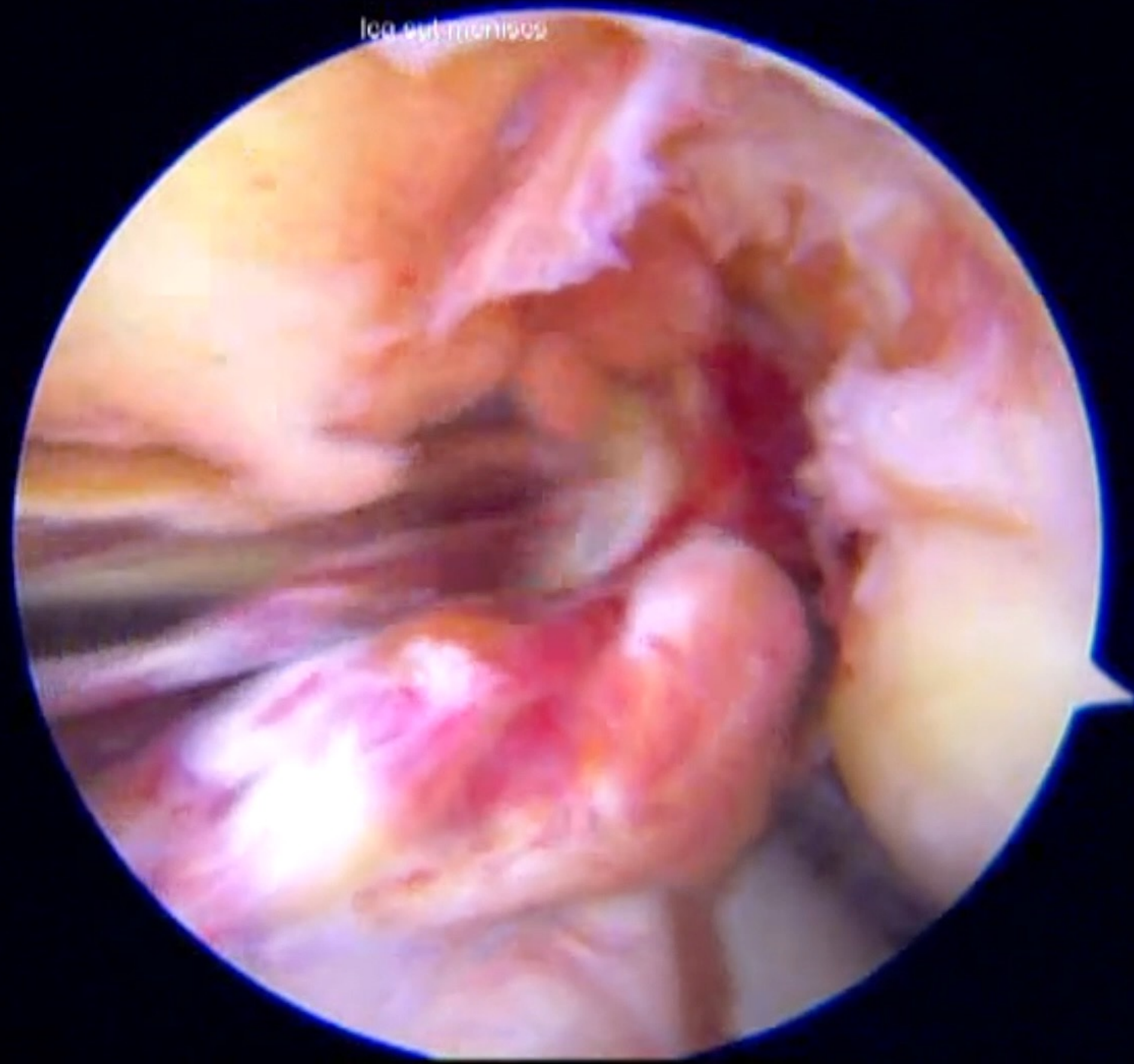
- **Rotura RADIAL OBLICUA CAME**
- **27 años Deportista**



CASO 2

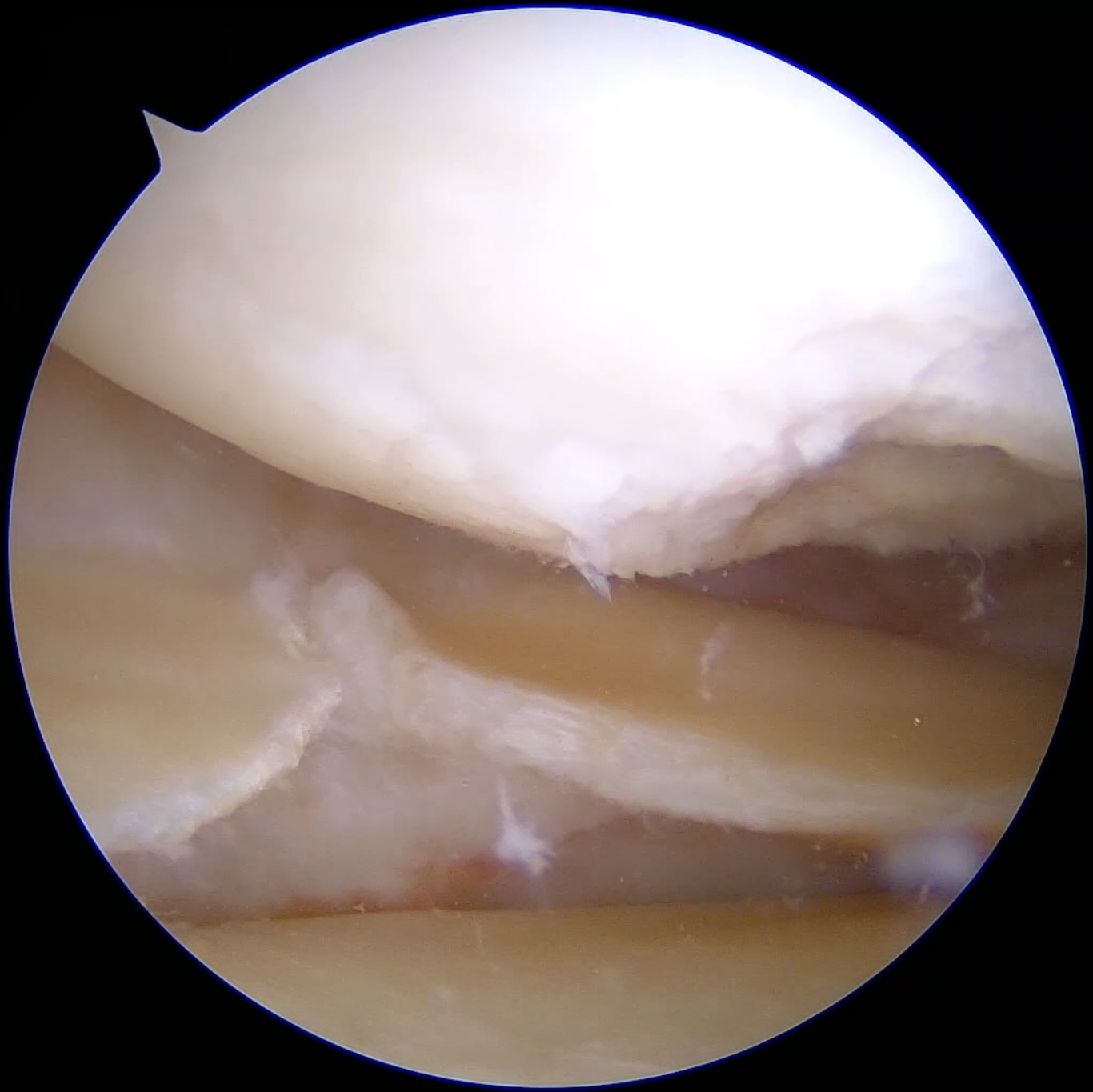
- **Rotura RADIAL OBLICUA parcial RAÍZ ME**
- **17 años Campeón España Esquí**

1cc out meniscus



CASO 3

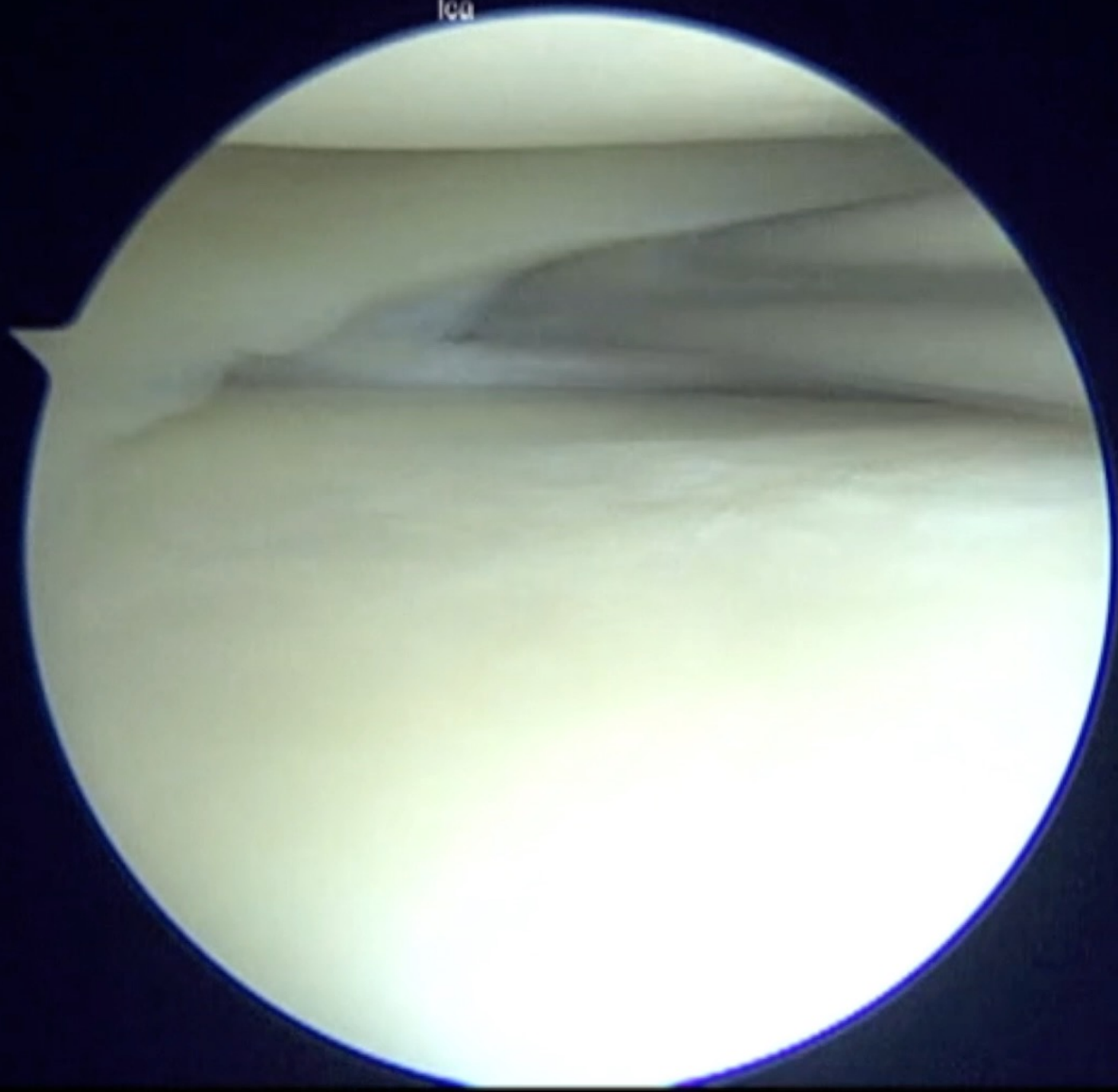
- **Rotura RADIAL CUERPO MI**
- 35 años deportista recreativo



CASO 4

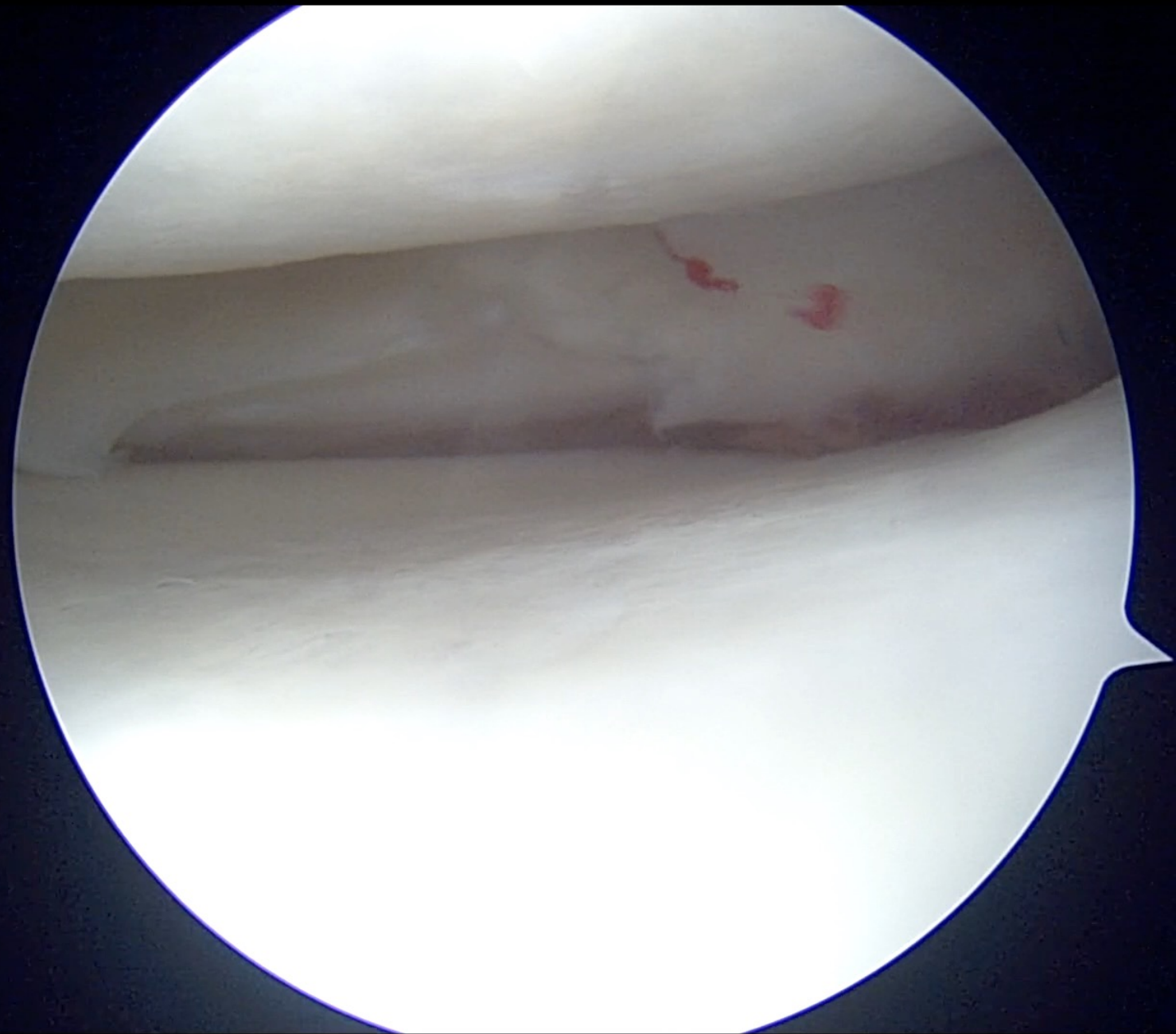
- **Rotura COMPLEJA LONGITUDINAL DOBLE + RAMPA CPMI**
- **16 años Fútbol Federado**

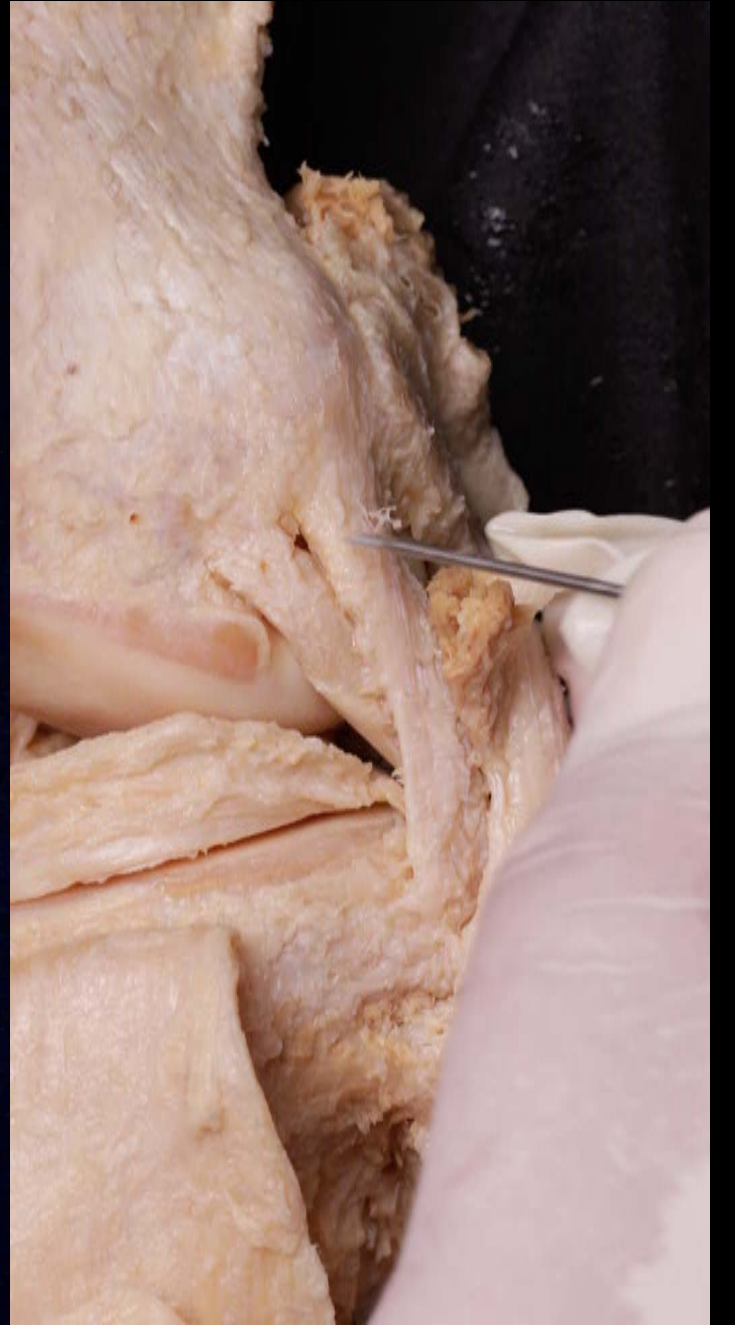
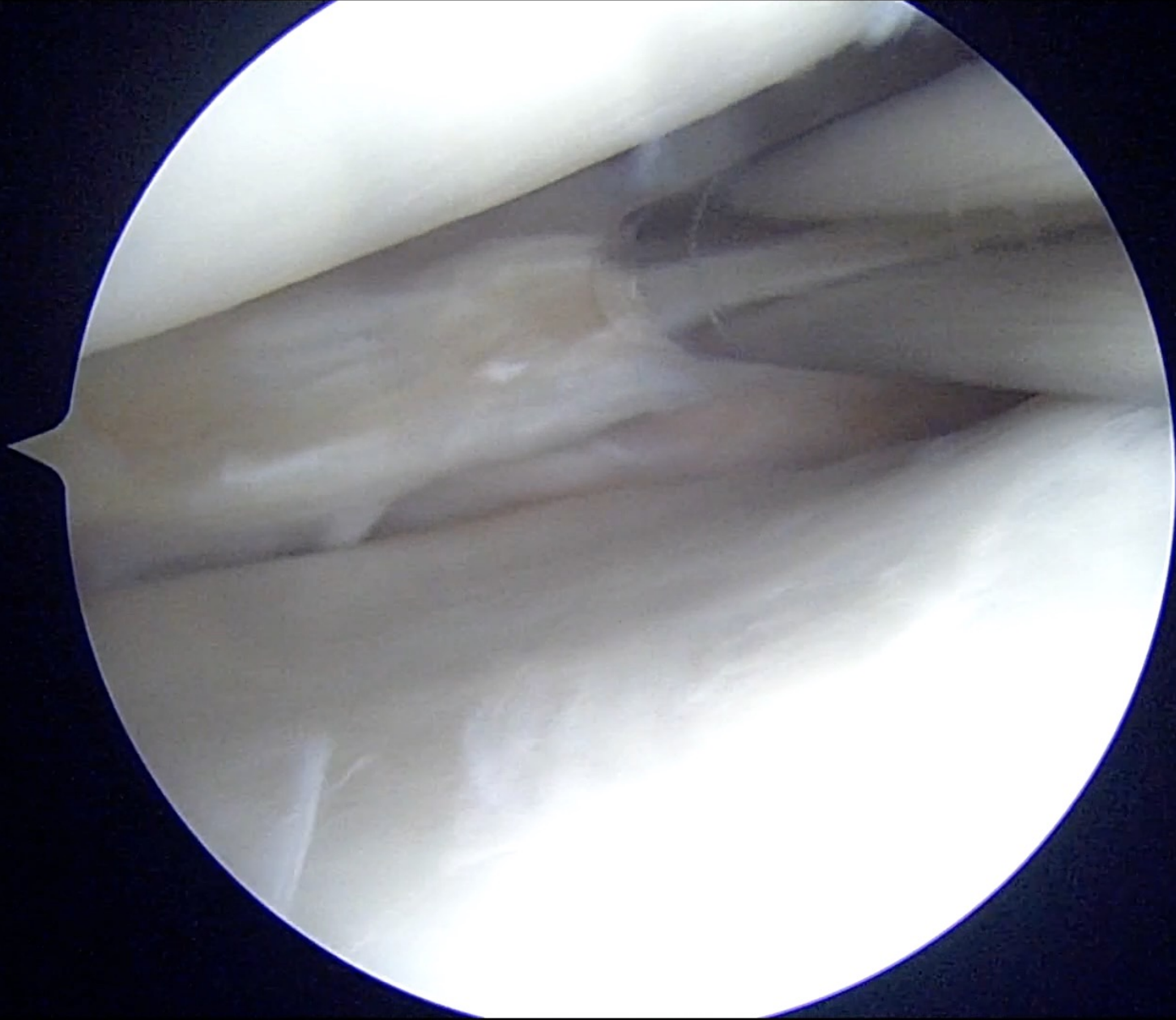
lea



CASO 4

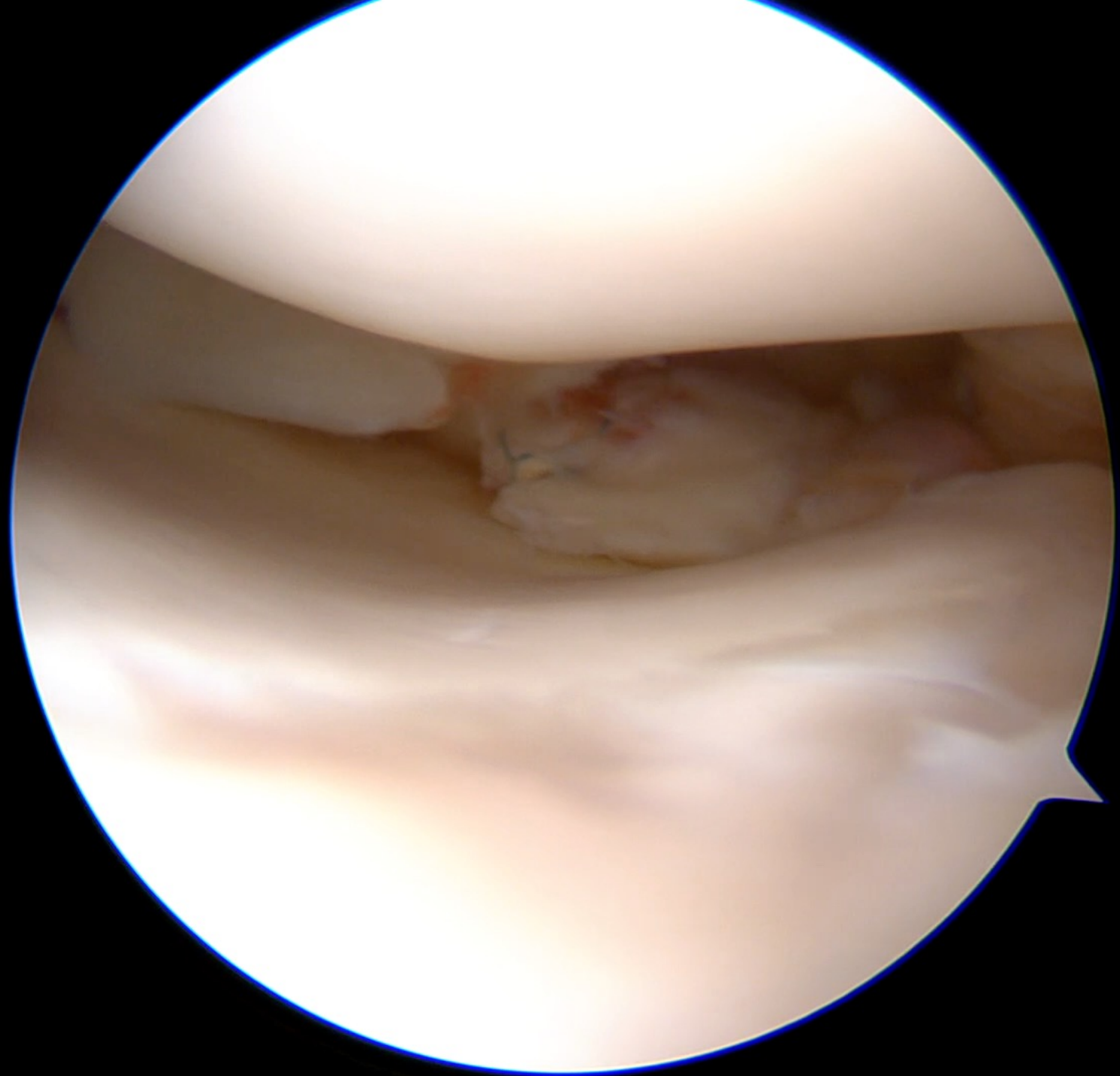
- **Rotura COMPLEJA REVISIÓN CPMI**
- **19 años Fútbol Federado**





CASO 5

- **Rotura RADIAL COMPLEJA REVISIÓN CPMI**
- **18 años Fútbol Profesional Filial**





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**SPECIALITY
DAYS 2023**
10-11 NOVEMBER
WARSAW, POLAND



Thank you for your attention!

SAVE THE DATE

SEE YOU IN WARSAW
10-11 November 2023

