

# Focus On: Meniscus Tear

A meniscus tear is a knee injury.

The meniscus is a rubbery, C-shaped disc that cushions your knee between the thigh bone and shin bone.

Each knee has two of these discs—one at the outer edge and one at the inner edge.

They cushion your knee.

A meniscus tear can prevent your knee from working right.

Your knee may also be painful and swollen.

Symptoms depend on the size and location of the tear. They also depend on your age and the health of your knee.

The knee may be stiff, catch, pop, or lock. It may be hard to walk.

Some tears may heal on their own with home care or physical therapy.

For others, your doctor may recommend surgery to repair it or to remove part of the meniscus. To learn more about meniscus tears, talk to your doctor.