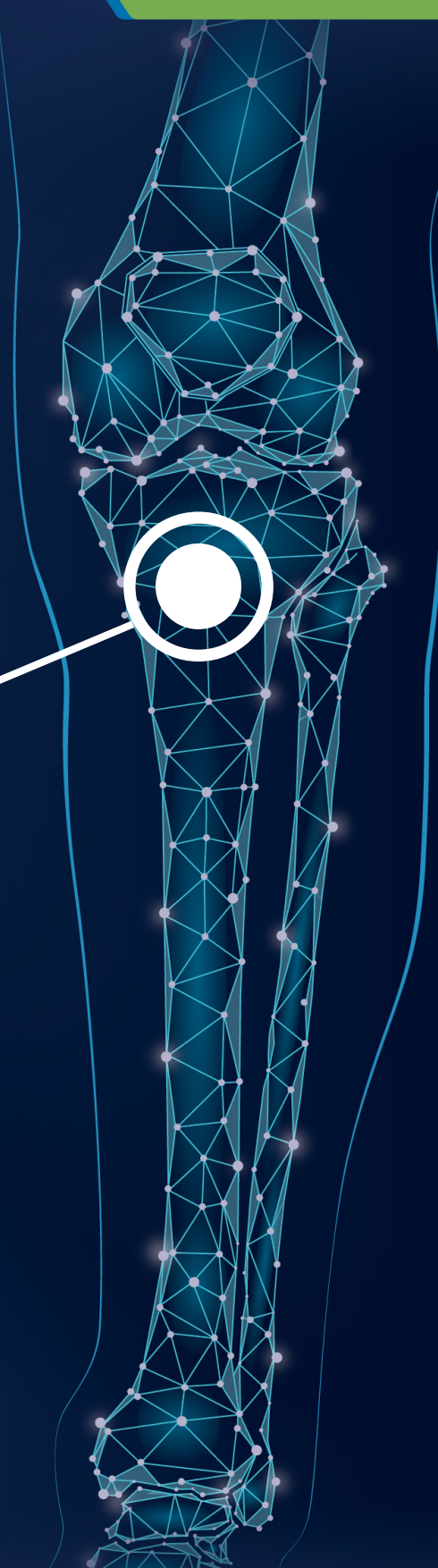


Medical Education Series

Lateral Meniscal Tear and Stress Reaction of Proximal Tibia

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DIAGNOSIS

55 year old male patient presented with 6 months of progressive right knee pain and instability following a twisting injury at work.

The patient was diagnosed with a right lateral meniscal tear with a proximal tibia stress reaction.

“A stress reaction is a lack of bone structure (bone void), which can be addressed with CERAMENT.”

Stress reactions, if left untreated, can result in stress fractures which typically require more invasive surgical techniques to treat, including the placement of hardware.



Figure 1. Well preserved joint spaces with no bony masses or lesions.



Figure 2. The stress reactions, causing a compromised bony structure, can be seen throughout the proximal tibia by the visual difference in contrasts between the dark femur and light proximal tibia.

TREATMENT PLAN

- Patient underwent arthroscopic partial lateral meniscectomy and percutaneous skeletal fixation of the proximal tibial stress reaction with 2 mL of CERAMENT.
- An 11Ga x 4" aspiration needle was inserted inferior to the lesion with the bevel shooting upwards.
- The goal of CERAMENT was to provide a healthy boney structure throughout the stress reaction.



Figure 3. CERAMENT injected into the proximal tibia, showing excellent filling and interdigitation in the stress reaction.

OUTCOME

Postoperatively, the patient began progressive weightbearing, as tolerated and underwent physical therapy.

Subsequent x-rays showed the bone graft incorporating into the tibia and patient reported pain free.



Figure 4. 4 months post-op, CERAMENT is incorporating into the tibia with signs of bone remodeling.



Figure 5. 8 months post-op, CERAMENT is fully incorporated and replaced with healthy trabecular bone.



“CERAMENT heals stress reactions as it remodels into bone.”

- Mihir M. Patel, MD



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