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Torn discoid lateral meniscus: The outcome of meniscus preserving surgery**Mustafa Mesriga, Sameh Marei, Hany El sayed and Ayman Ebeid**
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Introduction & Aim: Discoid lateral meniscus anomaly is not uncommonly seen. The objective of this study was to evaluate clinical and functional results of arthroscopic meniscopectomy with repair of the associated meniscal tears in 14 cases of discoid lateral meniscus treated between July 2010 and May 2017.

Methods: This is a series of 14 knees. The mean age range of these patients was 19 years (mean range 11 to 27 years). There were six females and eight males. The main presenting symptoms were loss of full extension, painful clicking and repeated locking. MRI confirmation of the pathology was available preoperatively in all patients. Peripheral menisco-capsular detachment was present in 12 knees. Having performed saucerization of the central meniscus disc, cleavage tear of the remaining meniscus body was observed in all patients. Repair of the associated tears with either outside-in technique ± all inside sutures was performed. Clinical outcome was determined based on symptoms, complications and IKDC score.

Results: The cases were reviewed at a mean of 28 months (20-36 months). The mean IKDC score was 82.5 points (65-100). Twelve patients were satisfied with the result. Two cases with complications were present one case with non-healed meniscal repair and one case that did not regain full ROM with flexion only up to 125 degree.

Conclusion: Arthroscopic saucerization with stabilization of the unstable tear of the symptomatic discoid lateral meniscus was effective in clinical improvement and preserving knee function during the midterm follow-up period.

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