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Meniscus Tears in Young Athletes: Is Surgery the Only Option?

It was found in current research that surgery is not the only option for meniscus tears in young athletes. Some athletes may benefit from conservative treatment depending on the characteristics of their tear (Bochyska, Hannink., Grijpma, & Buma, 2016). A systematic review of the literature was conducted using an array of medical journals, and articles to answer the question as to whether surgery was the only option. Every meniscus tear, and athlete are unique, therefore there is not just one “correct” treatment. Injuries to the knee, specifically the meniscus are becoming more common in younger athletes and can occur through traumatic or degeneration forces. Athletes who suffer a meniscus tear often present with complaints of pain and grinding in the knee joint. Once a tear is confirmed, many athletes automatically start thinking about surgery, and how long they are going to be setback, but instead they should consider all the treatment options before jumping to surgery as the conclusion.