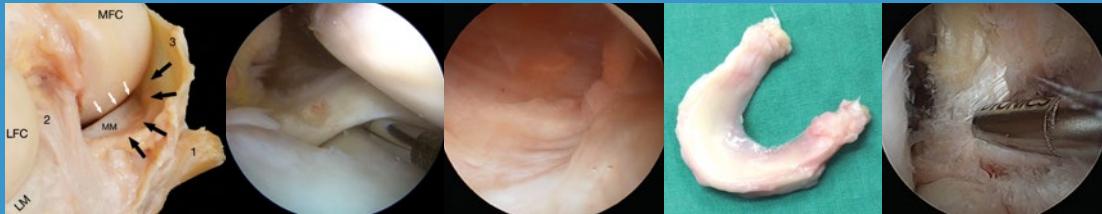


Christophe Hulet  
Helder Pereira  
Giuseppe Peretti  
Matteo Denti  
*Editors*



# Surgery of the Meniscus



ESSKA

EXTRAS ONLINE

 Springer

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Giuseppe Peretti • Matteo Denti  
Editors

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 Springer



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## Foreword

“Take it out, take it all out. Even if it is not torn, take it out”

Those were the slogan words by Smillie referring to meniscal injuries – and this is not even 100 years ago.

We have come a long way in trying to restore the anatomy and function of this weight-bearing cartilage body in the knee joint. Of course in Smillie’s time, there was a clinical need to unlock the locked knee joint in order to restore limb function and allow for normal gait. In the young knee with good vital tissues and good and stable alignment, the remnant meniscus had a good chance to round off and function appropriately for years to come.

However, confronted even with minor additional injuries on ligaments or cartilage, the “organ”, that is, the knee joint, was noted to start to fail rapidly leading to functional impairment and pain. Indeed, isolated ligament injuries having been addressed over the years with obvious success seem to behave less successfully when injury is associated with meniscal impairment or absence.

The biology and the mechanical integrity of this “organ” have to be preserved as best we can.

It is remarkable that this concept of meniscal preservation progresses over the years in our daily clinical practice.

However, the meniscectomy rate remains too high, even though robust scientific publications allow us to promote meniscal repair or abstention in traumatic meniscal injuries and abstention rather than meniscectomy in degenerative meniscal lesions.

There remains a major gap between “expert scientific publications” and daily clinical practice. Reasons enough: the myth of efficiency (I’ve always done that and it works!), the learning curve (but the suture is not more difficult than meniscectomy and has no higher morbidity), the societal push (“I have a meniscal injury” or “rehabilitation after repair takes too long”) and finally the medical economics in practice (in many countries, return on meniscal repair is poor)

ESSKA has rightfully initiated sound efforts to further support this meniscal preservation.

Some years ago Philippe Beaufils and Rene Verdonk et al. published the first book ever on the meniscus covering it from its inception and foetal development through its close relationship with other anatomical bodies in the knee towards trauma and degeneration and describing the state of the art in repair and replacement.

Today ESSKA has taken over this setup with the best experts on the matter. Christophe Hulet has done a special job as editor in bringing together the

scientific forces on all aspects that are important in saving the meniscus thus avoiding early biologic degeneration.

Taking the risk of failure in repairing the torn meniscus whenever possible (and well indicated) has become a state of mind of the prepared orthopaedic knee surgeon. Techniques are now available to make this job successful in many cases.

Taking the risk of failure in replacing the removed meniscus both partially as in its entirety may become the course of the future as new techniques and implants, improving on existing devices that may come up and support the protective effect on the weight-bearing cartilage as biology and mechanics may return to normal.

All individual authors are to be congratulated on a job extremely well done.

The drive to finalize this is to be found in the ESSKA Board and its scientific committees (Arthroscopy, Basic Science and Cartilage) creating the stamina needed to investigate again the subject of the meniscus and allowing common efforts to publish this piece of work. Let us hope that this book, carried by experts and a trusted scientific society, will contribute to pass the message along.



Pr. René Verdonk



Pr. Philippe Beaufils

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## Foreword Surgery Meniscus Book

We are very proud to introduce this new book on the meniscus, this anatomic structure which was too often insufficiently considered by past generations of surgeons. Rapid advances in arthroscopy and surgical technology have provided orthopaedic surgeons with the necessary tools allowing us to preserve the meniscus in many circumstances in our current daily practice. In that sense, the pioneering work of our predecessors has paved the way to a better patient care and hopefully prevention of later osteoarthritis in those patients where the meniscus has been repaired.

Bertrand Russell once said that in science the successors stand upon the shoulders of their predecessors. In that sense, we want to acknowledge 2 of these pioneers, e.g. Prof. René Verdonk from Ghent, Belgium, and Prof. Philippe Beaufils from Versailles, France, who initiated the work with their book *The meniscus*, edited back in 2010. Half a decade later, the ESSKA arthroscopy committee – under the vigorous leadership of Prof. Christophe Hulet from Caen, France – has provided an update of the knowledge gathered in the pioneering book.

When approving this project after the Amsterdam congress during the summer of 2014, the ESSKA Board recognized that sufficient new knowledge had been generated in the field of meniscus surgery to dare initiating yet another book on the meniscus. The careful reader will find an interesting European perspective on meniscus surgery with many new perspectives testifying the scientific dynamism in this field. In some fields, the European view was completed with additional international expertise.

In that sense we are proud to include this new book *Surgery of the Meniscus* into the ESSKA book programme portfolio and would like to thank all the authors for their excellent contribution. We hope that the book will further help to improve the treatment of meniscus pathologies in Europe and beyond and that it may stimulate surgeons, other healthcare professionals and researchers to keep the field of meniscus medicine and research as vivid as it was over the last years.

Milano and Luxembourg, January 2016

Matteo Denti  
ESSKA President

Romain Seil  
ESSKA 1st Vice President



Matteo Denti  
ESSKA President



Romain Seil  
ESSKA 1st Vice President

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## Preface

Meniscus injuries are still one of the most frequent causes for orthopaedic surgery worldwide. Moreover, as Prof. René Verdonk from Ghent, Belgium, and Prof. Philippe Beaufils have stated, “nothing has changed so much in recent years in orthopaedics like the algorithm for treatment of meniscal injuries”. We have moved from the promotion of removal of the tissue (meniscectomy) to preservation (repair or even replacement).

The book from these two forerunners launched in 2010 has constituted an important landmark in defining new concepts and bringing attention to the fact that “preserving the meniscus is also preserving the future” of the joint.

This new book was born within the spirit of ESSKA in contributing to continuous progress and update in topics with high impact to clinicians, patients and society.

It was born from an initiative of the current Arthroscopy Committee with immediate support from Basic Science and Cartilage Committees.

It intends to provide a comprehensive and multidisciplinary approach on meniscus structure, pathology and treatment. In this we are proud and happy for having gathered so many top experts in different related topics.

This is a book dedicated to those interested in “surgery of the meniscus”. Despite the previous, it also includes the most recent hot topics on meniscus research as well as ongoing and future perspectives from uprising technologies.

We hope you can enjoy it and find it useful on your daily practice and as a support and guide for continuous research dedicated to meniscus injuries and their treatment.

**The Chairmen of Arthroscopy, Basic Science and Cartilage Committees**

Christophe Hulet



Hélder Pereira



Giuseppe Peretti





Christophe Hulet



Hélder Pereira



Giuseppe Peretti

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