Biodegradable Arrows For Arthroscopic Repair Of Meniscal Tears

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SPRINGER-VERLAG, INTERNATIONAL ORTHOPAEDICS; pp: 247-249; Vol: 26

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Summary

Thirty-two meniscal tears in 32 patients were repaired using biodegradable meniscus arrows. The tears were fixed arthroscopically using an all-inside technique. Ten patients had a simultaneous anterior cruciate ligament (ACL) reconstruction. The period of follow-up was an average of 25 (10-40) months. Twenty-six patients were clinically stable and asymptomatic at follow-up. Six patients were considered clinically unstable and all had associated ACL reconstruction and required a repeat arthroscopy. Two meniscal repairs failed to heal, and the broken meniscus arrow was retrieved arthroscopically 6 months after the primary operation. In four cases the meniscal tear healed completely (two cases) or partially. Otherwise, there were no objective signs of complications. The use of meniscus arrows is a simple, safe, and reliable method for repair of properly selected meniscal tears.

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