

# Horizontal cleavage tears (HCTs): biomechanics, indications, techniques and outcomes<sup>1</sup>

Mallory N, Qin C, Gibbs D, et al. Horizontal cleavage meniscus tears: biomechanics, indications, techniques, and outcomes. *JBS Rev.* 2023;11(8):e23.00042

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## Background



This independent review evaluates current indications, techniques, implications, and outcomes of the treatment options for HCTs

**24%** of all meniscal tears are HCTs<sup>2</sup>



Traditionally, HCTs have been treated with a partial meniscectomy<sup>1</sup>

## Proposed treatment algorithm<sup>1</sup>

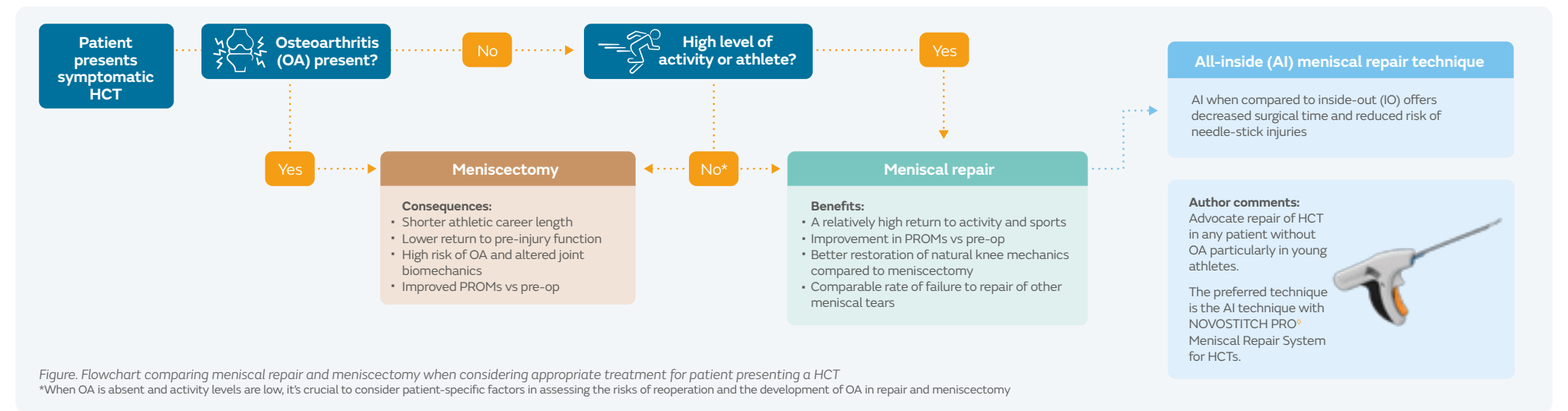


Figure. Flowchart comparing meniscal repair and meniscectomy when considering appropriate treatment for patient presenting a HCT  
 \*When OA is absent and activity levels are low, it's crucial to consider patient-specific factors in assessing the risks of reoperation and the development of OA in repair and meniscectomy

## Conclusion<sup>1</sup>



Recent advances in surgical repair techniques, like the all-inside technique, have improved outcomes post-meniscal repair of HCTs. However, it is important to understand patient's goals, and explain the risks and expectations of surgical intervention.

**Abbreviations:** AI = all inside; HCT = horizontal cleavage tear; IO = inside out; OA = osteoarthritis; PROMs = patient-reported outcome measures.

**References**

- Mallory N, Qin C, Gibbs D, Milliron E, Cavendish P, Magnussen RA, Flanigan DC. Horizontal Cleavage Meniscus Tears: Biomechanics, Indications, Techniques, and Outcomes. *JBS Rev.* 2023;11(8):e23.00042
- Henry S, Mascarenhas R, Kowalchuk D, Forsythe B, Irrgang JJ, Harner CD. Medial meniscus tear morphology and chondral degeneration of the knee: is there a relationship? *Arthroscopy.* 2012;28(8):1124–34.e2.

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