

+ Evidence in focus

Publication Summary

Horizontal cleavage tears (HCTs): biomechanics, indications, techniques and outcomes¹

Mallory N, Qin C, Gibbs D, et al. Horizontal cleavage meniscus tears: biomechanics, indications, techniques, and outcomes. *JBJS 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 HCTs²



Traditionally, HCTs have been treated with a partial meniscectomy¹

Proposed treatment algorithm¹

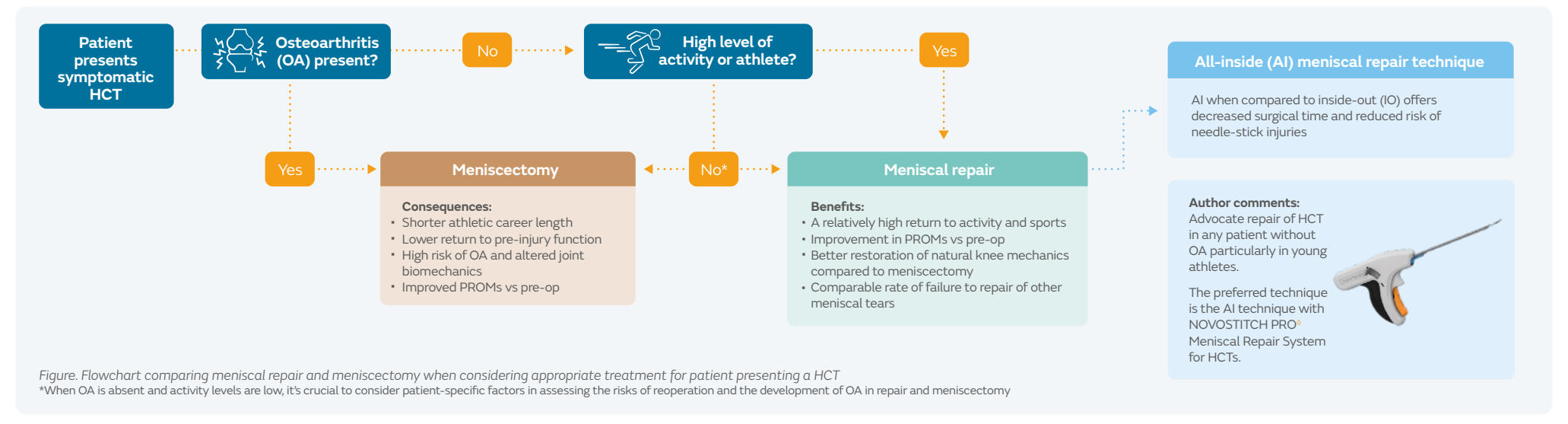


Figure. Flowchart comparing meniscal repair and meniscectomy when considering appropriate treatment for patient presenting a HCT
*When OA is absent and activity levels are low, it's crucial to consider patient-specific factors in assessing the risks of reoperation and the development of OA in repair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

Conclusion¹



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

1. Mallory N, Qin C, Gibbs D, Milliron E, Cavendish P, Magnussen RA, Flanigan DC. Horizontal Cleavage Meniscus Tears: Biomechanics, Indications, Techniques, and Outcomes. *JBJS Rev.* 2023;11(8):e23.00042
2. 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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