

### Knee Pain

Your knee is more vulnerable to injury because it is one of the most mobile and flexible joints in your body.

The more mobile a joint is...the less stable the joint is and thus, the more vulnerable it is to an injury.

The knee is made up of three bones: the femur (thigh bone), the tibia (shin bone) and the patella (knee cap).

These bones are designed to provide smooth, stable motion.

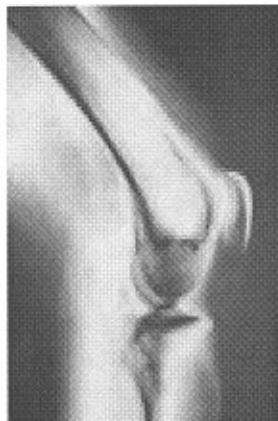
The knee is also made up of two menisci, which are "shock absorbers" in the knee, as well as ligaments and tendons.

### Meniscus

There are two menisci in the knee and they function to distribute your body weight across the knee joint.

Without the meniscus present, the weight of your body would be unevenly applied to the bones in your legs (the femur and tibia). This uneven weight distribution would cause excessive forces in specific areas of bone leading to early arthritis of the knee joint.

Therefore, the function of the meniscus is critical to the health of your knee.



### Ligaments

Ligaments and tendons keep the knee in alignment.

The anterior (ACL) and posterior (PCL) cruciate ligaments, located in the middle of the knee, cross over each other, thus the name cruciate. The ACL and PCL keep the femur from moving forward on the shin bone.

On the inner part of the knee there is a large ligament, the medial collateral ligament (MCL) and the lateral collateral ligament (LCL).

These two ligaments provide stability to the knee when it makes sharp turns and keeps the femur from sliding sideways off the shin bone.

A ligament is a tough fibrous material which controls excessive motion by limiting joint mobility.

Ligaments are sometimes strained, but often torn. Some doctors allow these tears to heal, while others prefer to surgically repair the tear. Studies show the outcomes are the same, regardless of the treatment choice.

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Injured Worker  
doesn't speak  
English?

MedSecure's interpreter  
program can help!

Did you know that you  
use your knee joint one  
million times per year?

\*Not all meniscus tears need to be surgically dealt with. If conservative measures fail, there are two surgical options available:

A **meniscectomy** is a simple procedure in which the torn cartilage is removed.

A **meniscus repair** is a more complex surgery where the meniscus is repaired.

Because of poor blood supply to the meniscus, this is not always possible.

MedSecure offers free, educational luncheons for our clients. Available topics include: "What's new with back pain", "Repetitive Motion Injuries", "Malingering", "Diagnostic Testing", "Knee Pain" and "Shoulder Pain." If you would like to schedule a luncheon, please call MedSecure at 402-932-1654

Medline is published quarterly  
by MedSecure, Inc. 6818  
Grover, Omaha, NE 68106  
402-932-1654

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Medline quarterly via email,  
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