

Arthroscopic surgery for meniscal tears

Please refer to National Guidance for full details, complete the checklist and file for future compliance audit.

Evidence Based Interventions Phase 2 policy confirms this investigation/procedure will only be funded when the following criteria are met:

The vast majority of patients with a meniscal tear should be initially treated non-operatively and should not have arthroscopic meniscectomy as a first line treatment. Non-operative treatment is highly effective with patient education using verbal and written materials, physiotherapy and weight loss interventions. Exercise should comprise both local muscle strengthening and general aerobic fitness. Paracetamol and topical NSAIDs should be first line pharmacological pain management strategies. Many patients treated this way will improve and do not require surgery.

	Delete as appropriate	
<i>In ordinary circumstances*, arthroscopic meniscal surgery should only be offered as a first line treatment when the following criteria apply:</i>		
The patient has a locked knee	Yes	No
The patient has a bucket handle tear of the meniscus is present	Yes	No
Patient has had an acute injury and an MRI scan reveals a potentially repairable meniscus tear	Yes	No
Patients considering arthroscopic knee surgery should go through a shared decision-making process	Yes	No

**If clinician considers need for surgical intervention on clinical grounds outside of these criteria, please refer to the SY ICB's Individual Funding Request policy for further information.*