"Prospectively Analysing The Correlations Between The Clinical Evaluation, Mri And Arthroscopy Inferences Of Knee Derangements Internally"

Dr. Vijaya Kumar Cs, Prof. Dr. Soundararajan K, Dr. Vignesh I, Dr. Abhimaan Reddy Bheemreddyvalla

3rd Year Post Graduate, Department Of Orthopedics, Vinayaka Missions Kirupanada Variyar Medical College, Salem

Unit Chief, Department Of Orthopedics, Vinayaka Missions Kirupanada Variyar Medical College, Salem

Senior Resident, Department Of Orthopedics, Vinayaka Missions Kirupanada Variyar Medical College, Salem

2nd Year Post Graduate, Department Of Orthopedics, Vinayaka Missions Kirupanada Variyar Medical College, Salem

Corresponding Author: Dr. Vijaya Kumar Cs,3rd Year Post Graduate, Department Of Orthopedics, Vinayaka Missions Kirupanada Variyar Medical College, Salem

Abstract:

Introduction

Knee Is Synovial And Weight Bearing Joints. It Is The Ligamentous, Meniscal And Tendinous Systems That Provide Support For The Joint That Are Responsible For Its Stability. When Soft Tissues Of Knee Are Injured, Stability, Biomechanics Of Knee Are Disrupted. These Results In Unstability Of Knee. A Number Of Potential Reasons Include Traumatic Injuries, Infections, Congenital Anomalies Etc. The Most Common Cause In Young Population Is Sports Injuries. The Knee Is The Joint That Sustains The Most Injuries Due To Its Anatomical Structure, The Fact That It Is Subjected To External Pressures, And The Demands That It Must Fulfil In Order To Operate Properly [1,2]. Injuries In Ligaments Are Among The Common Injuries Of The Knee That Is Due To Contact Sport Hockey, Football, And Kabaddi. However, Rta Also Plays A Role. In Cases Of Knee Injuries, Anterior Cruciate Ligament Is Mostly Damaged, Which May Result In Instability And Discomfort [3,4]. As A Consequence Of The Instability That Is Caused By Acl Loss, Meniscii Tears May Be Caused By Trauma Or They Can Develop Over Time As A Result Of Instability. The Meniscii, The Cartilage Erosions In Knee Joint Are Commonly Accompanied With Injured Anterior Cruciate Ligaments That Have Been Present For A Long Time [5].

Aim And Objectives:

To Investigate And Compare Conclusions Of Physical Examinations, Diagnostic Imaging By Magnetic Resonance, And Arthroscopy Procedures To Better Understand The Damage Of The Knee Internally.

Materials And Methods:

A Prospective Study Was Done On 30 Patients At The Department Of Orthopaedics, Vinayaka Missions Medical College And Hospital, Salem. Patients Experiencing Knee Issues Such As Pain, Instability, Getting Locked, And Effusions. Patient Who Has Undergone An Imaging By

Magnetic Resonance For Any Reason, With Suspected Derangements Of The Hinge Joint Internally, Patient With Long-Standing Hinge Joint Pain And Uncertain Hinge Joint Injury And Patient Within The Ages Range Of 18-60 Years Were Included In The Study.

Results: The Study Found A Highly Significant Difference Between The Mri Results And Arthroscopy Results For Pcl, Acl, Mm And Lm Injuries ($P < 0.0001$).

Conclusion:

A Thorough Clinical Evaluation And Mri Results Can Aid In Arthroscopy, Ultimately Benefiting The Patient. Arthroscopy Offers A More Accurate Diagnosis, And When Combined With Clinical Evaluation And Mri Results, It Provides A Comprehensive Understanding Of The Injury, Leading To Better Patient Outcomes.

Key Words: Knee Joint, Meniscii, Acl, Ligament Injuries, Rta, Trauma.

Introduction:

Knee Is Synovial And Weight Bearing Joints. It Is The Ligamentous, Meniscal And Tendinous Systems That Provide Support For The Joint That Are Responsible For Its Stability. When Soft Tissues Of Knee Are Injured, Stability, Biomechanics Of Knee Are Disrupted. These Results In Unstability Of Knee. A Number Of Potential Reasons Include Traumatic Injuries, Edge, Infections, Congenital Anomalies Etc. The Most Common Cause In Young Population Is Sports Injuries. The Knee Is The Joint That Sustains The Most Injuries Due To Its Anatomical Structure, The Fact That It Is Subjected To External Pressures, And The Demands That It Must Fulfil In Order To Operate Properly [1,2]. Injuries In Ligaments Are Among The Common Injuries Of The Knee That Is Due To Contact Sport Hockey, Football, And Kabaddi. However, Rta Also Plays A Role. In Cases Of Knee Injuries, Anterior Cruciate Ligament Is Mostly Damaged, Which May Result In Instability And Discomfort [3,4]. As A Consequence Of The Instability That Is Caused By Acl Loss, Menisci Tears May Be Caused By Trauma Or They Can Develop Over Time As A Result Of Instability. The Menisci, The Cartilage Erosions In Knee Joint Are Commonly Accompanied With Injured Anterior Cruciate Ligaments That Have Been Present For A Long Time [5]. A Correct Preoperative Diagnosis Of A Knee Internal Derangement May Be Difficult To Achieve, Even For Expert Surgeons. This Makes It Possible For Ligament Injuries, Meniscal Abnormalities, And Cartilage Defects To Be Misdiagnosed, Which Can Lead To Complications During Surgery. The Amount Of Knee Injury May Be Determined Clinically; However, The Discovery Of Mri Has Made It Possible For More Accurate Diagnosis Of Lesions Inside A Knee Joint. Diagnostic Imaging By Using Magnetic Resonance Is A Non-Invasive Option To A Physical Examination When It Comes To The Evaluation Of Knee Injury. Nevertheless, Accuracy Is Poor, Especially In Individuals Who Have Had An Injury Which Is Acute To The Acl, Because Presence Of Hemarthrosis, Discomfort, Restricted Rom. Both The Interpretation By Clinical And By The Mri For The Individuals Mentioned Above Might Be Difficult. When It Comes To Planning The Care Of Meniscal And Ligament Injuries, Mri Is Now The Modality Preferred.

It Has Been Determined That There Are Some Differences Of Opinion About The Association Between Mri And Clinical Diagnosis And The Outcomes Of Knee Joint Arthroscopy [6,7]. According To The Data That Have Been Published In The Literature, The Accuracy For The Knee Clinically Interpreted To Identify Menisci Damage Is Around 64-85%, And The Accuracy For Acl Injury Is Approximately 90-100% [8]. Radiological Imaging By Using

Magnetic Resonance Is Very Useful For The Evaluation Of Concealed Contusions Of Bone And Soft Tissues Traumas Of Ligament And Meniscal Tears [9]. Even Though The Sensitivity Of The Scanner May Have An Effect On The Accuracy Of The Diagnostic [10], Mri Properly Identifies 85 Percent Of Meniscal Tears And 90 To 100 Percent Of Acl Injuries. A Comprehensive Identification Of Knee Abnormalities Detected Internally, A Common Condition That Can Be Caused By Trauma Or Degeneration, May Require Additional Tests Beyond A Thorough Medical History And Physical Examination. While Arthrography And Arthroscopy Can Enhance Accuracy, It's Important To Note That These Procedures Are Invasive And Carry Potential Risks And Complications. "In Addition To That, It Includes Being Exposed To Ionising Radiation. From Increasing Diagnosis Accuracy From 64 To 94 Percent, Diagnostic Arthroscopy Is A Significant Advancement In Medical Technology. However, It Is An Intrusive Treatment, And There Is A Possibility That It May Result In Consequences Such As Infected Tissue Or Wounds, Bleeding In Joints. Accuracy Of Arthrography Has Been Shown To Vary Across A Broad Range, 66 To 96%, Procedure Needs A One Who Is Proficient In Analysing The Data. The Goal Of The Research Is To Know The Effectiveness Of Clinical Evaluation, Mri, The Arthroscopic Evaluation Of The Knee, With Arthroscopy Acting As The Gold Standard.

Aim And Objectives:

To Investigate And Compare Conclusions Of Physical Examinations, Diagnostic Imaging By Magnetic Resonance, And Arthroscopy Procedures To Better Understand The Damage Of The Knee Internally.

Materials And Methods:

A Prospective Study Was Done On 30 Patients At The Department Of Orthopaedics, Vinayaka Missions Medical College And Hospital, Salem. Patients Experiencing Knee Issues Such As Pain, Instability, Getting Locked, And Effusions. Patient Who Has Undergone An Imaging By Magnetic Resonance For Any Reason, With Suspected Derangements Of The Hinge Joint Internally, Patient With Long-Standing Hinge Joint Pain And Uncertain Hinge Joint Injury And Patient Within The Ages Range Of 18-60 Years Were Included In The Study. Patient With: Orthopaedic Implants, Pacemaker Of The Heart, Aneurysmal Clip, Patient With Actively Infection, Patient Who Have Previous History Of Undergoing Arthroscopy, Patient Outside The Age Range Of 17-60 Years (I.E., Above 60 Or Below 17), Patients With Knee Joint Neoplasms (Tumours) And The Patient With Inflammatory Or Infectious Condition Of The Hinge Joint Were Excluded From The Study.

Results:

Table 1: Distribution Of Mean Age

	Mean	Standard Deviation
Age	31.93	10.43

The Mean Age Was 31.93 ± 10.43 Years.

Table 2: Distribution Of Lachman's Test

Lachmann Test Grade	Number Of Patients	Percentage
Grade 1	5	16.7%
Grade 2	12	40.0%
Grade 3	13	43.3%

The Lachman Test Results Indicated That 43.3% Of Patients Exhibited Grade 3 Instability With The Highest Severity. Grade 2 Instability Was Observed In 40.0% Of The Patients, While 16.7% Of The Patients Showed Grade 1 Instability And The Lowest Severity.

Table 3: Distribution Of Anterior Drawer Test

Anterior Drawer Test Grade	Number Of Patients	Percentage
Grade 1	5	16.7%
Grade 2	12	40.0%
Grade 3	13	43.3%

The Anterior Drawer Test Results Showed That 43.3% Of The Patients Had Grade 3 Instabilities, Indicating The Highest Severity. Grade 2 Instability Was Found In 40.0% Of The Patients, And 16.7% Of The Patients Demonstrated Grade 1 Instability, The Lowest Severity.

Table4: Distribution Of Apley's Grinding And Distraction Test

Apleys Grinding Test	Number Of Patients	Percentage
Negative	21	70%
Positive	9	30%

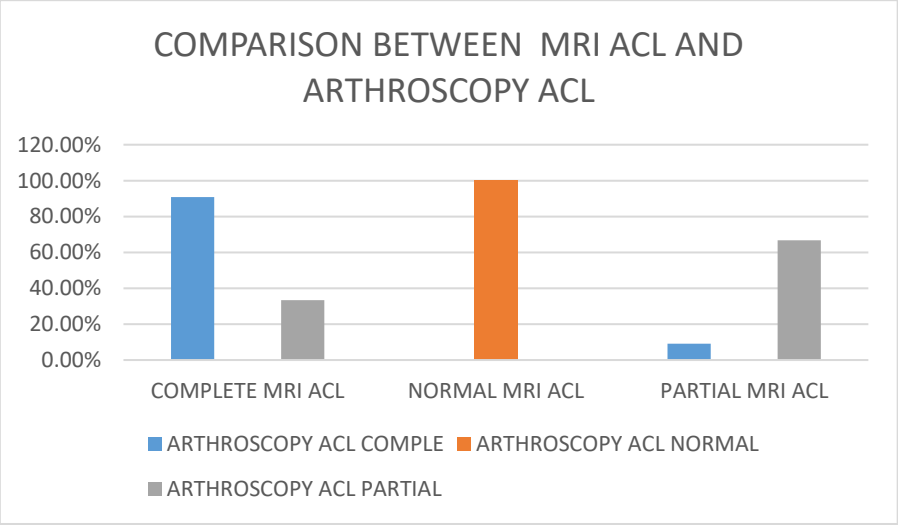
Apley's Grinding And Distraction Test Results Showed That 70.0% Of Patients Had A Negative Result, While 30.0% Had A Positive Result, Indicating The Presence Of Meniscal Injury.

Table 5: Distribution Of Pivot Shift

Pivot Shift	Number Of Patients	Percentage
Bony End Point	8	26.7%
Soft End Point	22	73.3%

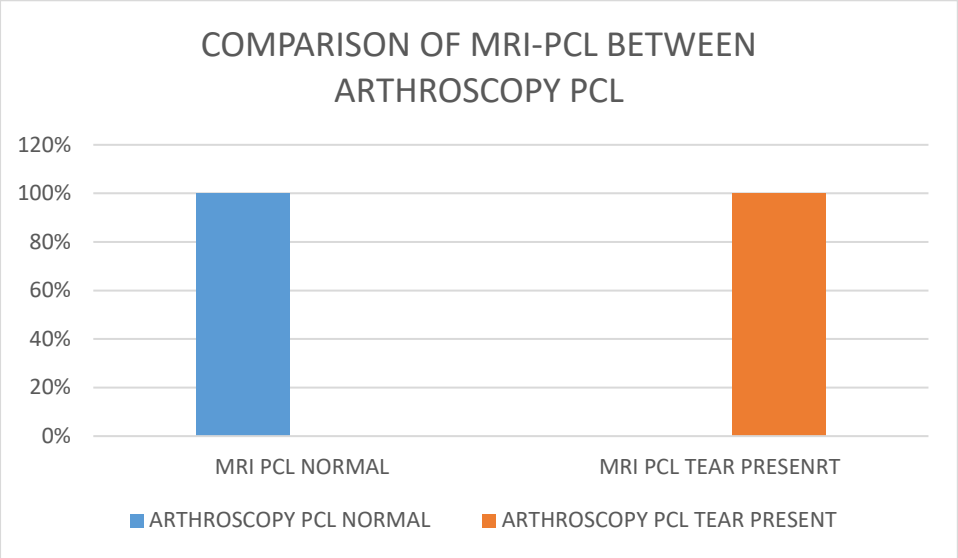
The Pivot Shift Test Results Indicated That 73.3% Of The Patients Exhibited A Soft Endpoint, While 26.7% Had A Bony Endpoint.

Graph 1: Comparison Of Mri-Acl Between Arthroscopy Acl



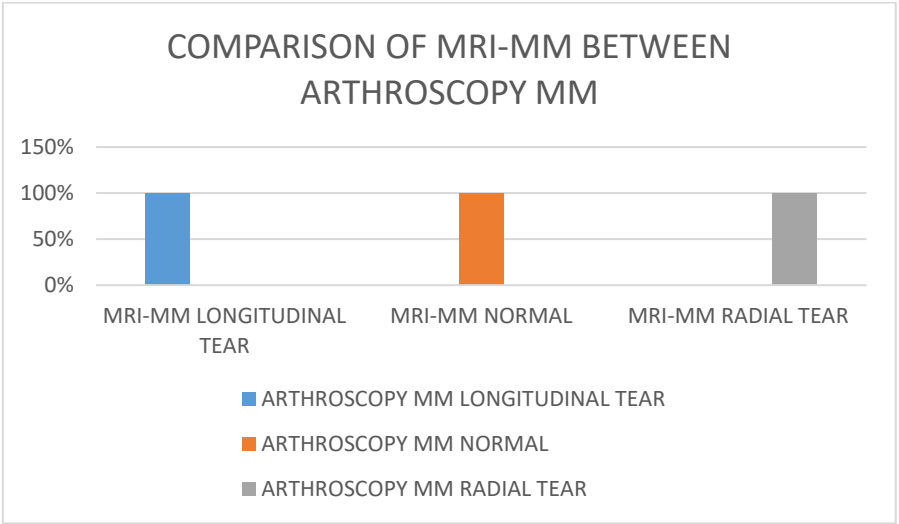
Among Patients With A Complete Acl Tear On Mri, 90.9% Had A Complete Tear On Arthroscopy, And 33.3% Had A Partial Tear. All Patients With A Normal Acl On Mri Were Confirmed To Have A Normal Acl On Arthroscopy. Among Those With A Partial Tear On Mri, 66.7% Has A Partial Tear, Additionally 9.1% Has A Complete Tear On Arthroscopy. The Study Found A Highly Significant Difference Between The Mri Results And Arthroscopy Results For Acl Injuries ($P < 0.0001$). This Indicates That The Mri Results Were Significantly Different From The Arthroscopy Results Suggesting That Mri May Not Be Perfectly Accurate In Diagnosing Acl Injuries.

Graph 2: Comparison Of Mri-Pcl Between Arthroscopy Pcl



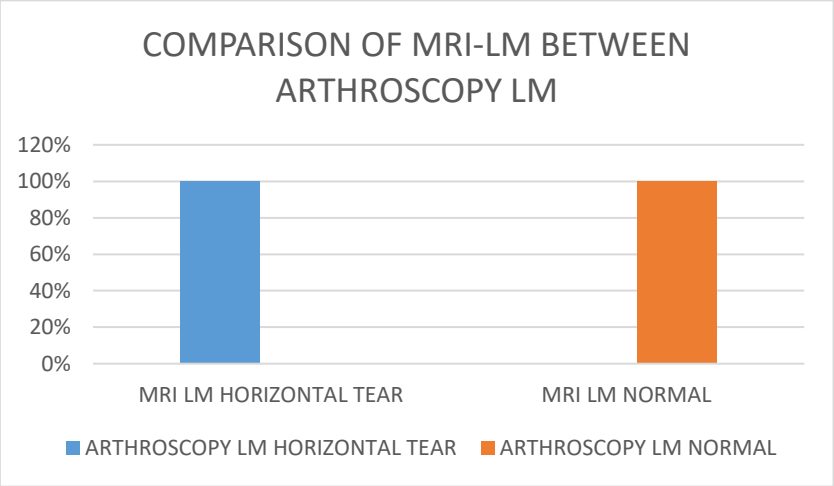
All Patients With A Normal Pcl On Mri (100.0%) Were Confirmed To Have A Normal Pcl On Arthroscopy, Whereas All Patients With A Tear Present On Mri (100.0%) Had A Tear Confirmed On Arthroscopy. The Study Found A Highly Significant Difference Between The Mri Results And Arthroscopy Results For Pcl Injuries ($P < 0.0001$). This Indicates That The Mri Results Were Significantly Different From The Arthroscopy Results Suggesting That Mri May Not Be Perfectly Accurate In Diagnosing Pcl Injuries.

Graph 3: Comparison Of Mri-Mm Between Arthroscopy Mm



Among Patients With A Longitudinal Tear On Mri, 100.0% Were Confirmed To Have A Longitudinal Tear On Arthroscopy. All Patients With Normal Mm On Mri (100.0%) Were Confirmed To Have Normal Mm On Arthroscopy. Similarly, All Patients With A Radial Tear On Mri (100.0%) Were Confirmed To Have A Radial Tear On Arthroscopy. The Study Found A Highly Significant Difference Between The Mri Results And Arthroscopy Results For Medial Meniscus (Mm) Injuries ($P < 0.0001$). This Indicates That The Mri Results Were Significantly Different From The Arthroscopy Results Suggesting That Mri May Not Be Perfectly Accurate In Diagnosing Mm Injuries.

Graph 4: Comparison Of Mri-Lm Between Arthroscopy –Lm



All Patients With A Horizontal Tear (Including Degenerative Tears) On Mri (100.0%) Were Confirmed To Have Corresponding Findings On Arthroscopy. Similarly, All Patients With Normal Lm On Mri (100.0%) Were Confirmed To Have Normal Lm On Arthroscopy. The Study Found A Highly Significant Difference Between The Mri Results And Arthroscopy Results For Lateral Meniscus (Lm) Injuries ($P < 0.0001$). This Indicates That The Mri Results Were Significantly Different From The Arthroscopy Results Suggesting That Mri May Not Be Perfectly Accurate In Diagnosing Lm Injuries.

Discussion:

In Our Study Of 30 Patients, We Compared The Results Of Arthroscopic Examination With Those From Mri And Clinical Evaluation. We Calculated The Accuracy Of Physical And Imaging By Magnetic Resonance Exams In Diagnosing Ligament, Meniscus Lesions Using Arthroscopy As The Gold Standard. While Clinical Examination Can Be Challenging In Acute Injuries And May Be Inconclusive In Cases Of Multiple Ligament Or Meniscus Injuries, The Lachman Test Is A Valuable Tool With High Validity. A Negative Lachman Test Result Can Rule Out Acl Rupture With High Confidence. However, Clinical Examination Has A Limitation - It Cannot Be Performed In Cases Of Acute Damage Due To Pain. In Order To Prevent Subjective Bias, At Least Two Physicians Must Evaluate The Patient Since The Examination Is Subjective. Stress Testing, Although Crucial, May Not Be Reliable In The Starting Stages Of A Ligament Lesion. Even Then The Clinical Examination Is Essential To Evaluate The Severity Of The Damage. Diagnosis Delays Might Arise From The Complexity Of Clinical Testing. Therefore, Further Diagnostic Techniques Are Usually Needed, Particularly When Several Lesions Are Suspected. Knee Mri Is Commonly Used To Diagnose

Internal Abnormalities In Hinge Joint Injury. Imaging By Magnetic Resonance Is A Superiorly Sensitive And Non-Invasive Modality That Has Revolutionized Knee Imaging. Its Exceptional Soft Tissue Contrast And Ability To Produce Multiplanar Slices Make It The Ideal Tool For Visualizing The Complexing Anatomy Of The Hinge Joint. Additionally, Imaging By Magnetic Resonance Is A Radiation-Free Diagnostics Technique, Making It A Safe And Preferred Choice For Patients.

Arthroscopy Is A Superiorly Sensitive And Specific Diagnostics Modality, Considered The Most Superior For The Diagnosis Of Traumatic Intraarticular Lesions. It's Also A Therapeutic Tool, But Its Invasive Nature Carries Risks Like Adhesions, Infection, And Hemarthrosis. While Arthroscopy Is Precise, Its Use As A Diagnostic Tool Is Limited Due To These Risks. On The Other Hand, Knee Mri Is A Non-Invasive, Highly Sensitive Technology That Excels At Identifying Subtle Changes In Soft Tissues, Making It Ideal For Detecting Internal Abnormalities In Knee Injuries, Especially In Acute Cases Where Clinical Evaluation May Be Challenging Or Inconclusive. Imaging By Magnetic Resonance Is A Reliable Diagnostics Modality, But Arthroscopies Remain The Most Superior, Despite Its Invasive Nature.

Our Study Evaluated The Accuracies Of Physical Examination And Imaging By Magnetic Resonance In Diagnosing Med Meniscus, Lateral Meniscus, And Acl Tear. The Results Showed: Clinical Examination: - Medial Meniscus Tear: 53.33% Sensitivity, 100% Specificity, 68.18% Ppv, 76.67% Npv, 53.33% Accuracy, Lateral Meniscus Tear: 66.67% Sensitivity, 100% Specificity, 92.31% Ppv, 93.33% Npv, 66.67% Accuracy And Acl Tear: 94.12% Sensitivity, 100% Specificity, 100% Ppv, 92.86% Npv, 96.67% Accuracy. Medial Meniscus Tear: 100% Sensitivity, 66.67% Specificity, 75% Ppv, 100% Npv, 83.33% Accuracy. Lateral Meniscus Tear: 85.71% Sensitivity, 95.65% Specificity, 85.71% Ppv, 95.65% Npv, 93.33% Accuracy, Acl Tear: 100% Sensitiveness, 100% Specificness, 100% Positive Predictively Values, 100% Negative Predictivity Values, 100% Accurate. These Findings Suggest That Imaging By Magnetic Resonance Is Highly Accurate Than Clinically Examining Meniscus And Acl Tears, Especially For Medial Meniscus Tears. However, Clinical Examination Showed High Accuracy For Acl Tears. In Cases Of Acl Rupture, Mri Showed 100% Accuracy, Outperforming Clinical Exams Which Had 90% Accuracy. Clinical Tests Detected Acl Injuries With 88% Sensitivity, While Mri Achieved 100% Sensitivity. Mri Was An Excellent Screening Tool, With A 100% Npv, Meaning That A Normal Mri Result Always Correlated With A Normal Acl On Arthroscopy. Additionally, Ri's Ppv Was 100%, Indicating That All Positive Mri Results Were Confirmed By Arthroscopy. Clinical Exams Showed High Specificity, With No False Positives. When Clinical Tests Suggested An Acl Tear, Arthroscopy Often Confirmed The Presence Of A Similar Injury. Overall, Mri Demonstrated Higher Sensitivity And Accuracy Than Clinical Exams In Diagnosing Acl Ruptures. In Cases Where Clinical Tests Are Inconclusive Or We Want To Avoid Invasive Arthroscopic Surgery, Mri Is A Valuable Tool For Diagnosing Acl Tears. Mri Can Confirm Clinical Diagnoses And Help Schedule Therapeutic Arthroscopy. Our Study Found That Mri Accuracy For Menisci Was 88%, With 85.33% For Medial Menisci (Mm) And 93% For Lateral Menisci (Lm). This Outperformed Clinical Examination, Which Had An Accuracy Of 83%. Previous Studies Have Shown Similar Results, With Clinical Diagnosis Of Menisci Tears Typically Having An Accuracy Of 75-80%, While Mri Scans Have A Higher Accuracy Of 88-90%. Notably, Posterior Horn Meniscal Tears Can Be Easily Missed During Arthroscopy, Especially When Using The Anterior Approach And Not Probing The Menisci. The Underside Of The Menisci Is Particularly

Susceptible To This Arthroscopic Flaw. The Debate Around The Acceptance Of Mri Data As False Positives Is Ongoing. Mri Diagnostic Mistakes And Arthroscopic Assessment Faults Have Been Identified As The Underlying Causes Of Inaccurate Positive And Negative Diagnosis Of Meniscal Lesions. Our Analysis Of Clinically Examining, Imaging By Magnetic Resonance Scans And Arthroscopic Procedures For Meniscus And Acl Lesions Reveals A Thorough Clinical Evaluation Can Be Equally Else More Accurate Than An Mri Scan In Diagnosing These Injuries. Mri Scans Are Better At Ruling Out Injuries Than Providing A Definitive Diagnosis. When Diagnosing Menisci And Acl Lesions, Imaging By Magnetic Resonance Scan Have An Increased Negative Predictivity But A Decreased Positive Predictivity. If Clinically The Sign And Symptom Is Unclear, An Imaging By Magnetic Resonance Scans Can Help Avoid Unnecessary Arthroscopic Surgery. However, Imaging By Magnetic Resonance Should Not Be The Initial Diagnostics Method For Menisci And Acl Issues. Instead, Imaging By Magnetic Resonance Is A Valuable Non-Invasive Tool With High Sensitivity, Low False- Negative Rates, And High Negative Predictivity, Makes It A Reliably Screening Tool In Internally Knee Joint Abnormalities. Mri Is Particularly Useful When Arthroscopy Is Not Possible, Such As In Peripheral Menisci Tears And Inferior Surface Tears. A Study By Rayan F.Et.Al. Evaluates 130 Individuals With Both Menisci And Ant Cruciate Ligaments Injuries. The Results Show That Clinically Examining Patients Outperformed Mri Scans In Diagnosing Medial Meniscal Tears, With Higher Sensitiveness (0.87 Vs 0.77), Specificness (0.74 Vs 0.53), Predictivity Values, And Accurateness. This Suggests That Clinical Examination Is A More Dependable Methods To Diagnose Med Meniscal Tear Than Mri Scans.

Two Studies Examined The Accurateness Of Imaging By Magnetic Resonance To Diagnose Meniscus Tears. Chang Cy Et Al.'S Study Of 148 Patients Found That Imaging By Magnetic Resonance Has A Sensitiveness Rate Of 92% And Specificness Rate Of 87% For Detecting Meniscus Tear. In Another Study, Munshi.Et.Al. Evaluated 24 Patients With Bleeding Inside Knee Who Underwent Imaging By Magnetic Resonance And Arthroscopic Procedure. They Found That Increased Sensitivity Led To A Reduction In Unnecessary Diagnostic Arthroscopic Procedures By 22%. This Suggests That Improved Mri Techniques Could Potentially Avoid A Significant Number Of Diagnostic Arthroscopic Surgeries In The Future. Studies By Lundberg M Et Al., Barronian Ad Et Al., And Polly Dw Et Al. Evaluated The Accurateness Of Imaging By Magnetic Resonance To Diagnose Meniscal Tears Also Acl Lesions. The Results Showed Varying Sensitivity And Specificity Rates, With Some Studies Finding High Accuracy (E.G., 95.8% Sensitiveness And 100% Specificness For Med Meniscus Tear) And Others Finding Lower Accuracy (E.G., 50% Sensitivity For Lateral Meniscal Tears). Rangger C Et Al. Suggested That Mri Is A Necessary Diagnostics Modality Before Arthroscopic Procedure. Mohan Br.Et.Al. Found That Clinical Examination Had High Accuracy (88% And 93%) For Med And Lateral Meniscus Tears. Vaz Ce Et Al. Demonstrated That Mri Is Effective For Detecting Severe Intraarticular Knee Injuries, But Not Articular Cartilage Abnormalities. Thomas S Et Al. Found Reduced Accuracy In Diagnosing Acl And Meniscal Disease. Theofilo. K.Et.Al. Discovered That The Thessaly's Test Had High Accuracy (94% And 96%) In Detetction Of Med And Lat Meniscus Tear.

Limitations Of The Study: There Is No Fixed Time Period Between Clinical Evaluation, Imaging By Magnetic Resonance Study And The Arthroscopic Study. Patients Sometimes Due To Financial Constraints May Come After A Month For Their Arthroscopic Examination. The

Use Of Different Mri Centres For Our Study Is Our Limitation Since There Is No Fixed Tesla During The Mri Study And The Accuracy Is Different For Different Radiologists. This Comes Under The Observer Bias.

Concusion:

The Studies Suggest That Both Clinical Evaluation And Imaging By Magnetic Resonance Are Helpful In Identifying Menisci And Cruciate Ligaments Injuries. However, Arthroscopy Remain The Most Superior For Diagnosis And Treating These Injuries, Offering A More Accurate And Effective Approach. Considering The High Rate Of Incorrect Or Misleading Mri Findings In Some Knee Diseases, Diagnostic Arthroscopy Is The Preferred Study For Internal Knee Derangement Due To Patient Expectations. New Approaches And Stronger Tomograms Will Enhance The Accuracy Of Mri In Identifying Knee Problems.

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