

Meniscal cysts. Comparison of two operative procedures.

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The purpose of this study was to evaluate the results in treatment of meniscal cysts and to compare two different operative procedures. Between the years 1984-99 a meniscal cyst was diagnosed and treated arthroscopically in 35 patients in the Mehiläinen Hospital in Turku Finland. The cyst was on the medial side in 18 and on the lateral side in 17 patients. Sixteen patients (group A) had an open excision of the cyst performed in addition to arthroscopy of the knee. Nineteen patients (group B) were treated entirely arthroscopically. The mean follow-up time was 33 months. The results were recorded as excellent, good, fair or poor. The results were excellent or good in 85% (30/35) of the patients and equally good using either procedure. Patients with degenerative changes of the knee joint seem to have a less favourable outcome.