

Disparities and trends in the management of acute and degenerative meniscus tears: Ten years in review

Madeleine Salesky, BA; Carolina Ramirez, Valentina Pedaia, PhD; Sharmila Majumdar, PhD; Drew A Lansdown, MD

BACKGROUND

Meniscus tears are common and can be treated with or without surgery. Most providers recommend trialing nonoperative management, but many patients still undergo surgical management early on. We seek to understand trends in management strategy based on patient and injury characteristics and to determine whether there are disparities in management of these injuries.

METHODS

- 1. Patients who were evaluated in clinic for meniscus tear were identified from 2010-2019
- 2. De-identified data was collected from institutional database: demographic information, non-operative treatments, surgical data
- 3. Statistical analysis performed using STATA 16.1

RESULTS

	Non-Op	Operative	P-value
Age	44.3 (SD 14.6)	43.0 (SD 13.2)	0.009
Sex (% male)	49.6%	58.6%	<0.001
BMI	26.6 (SD 5.6)	26.5 (SD 4.9)	0.62
	Meniscectomy	Repair	P-value
Age	45.3 (SD 12.0)	38.1 (SD 12.4)	<0.001
Sex (% male)	64.1%	54.5%	0.005
BMI	26.5 (SD 4.6)	26.0 (SD 4.7)	0.11

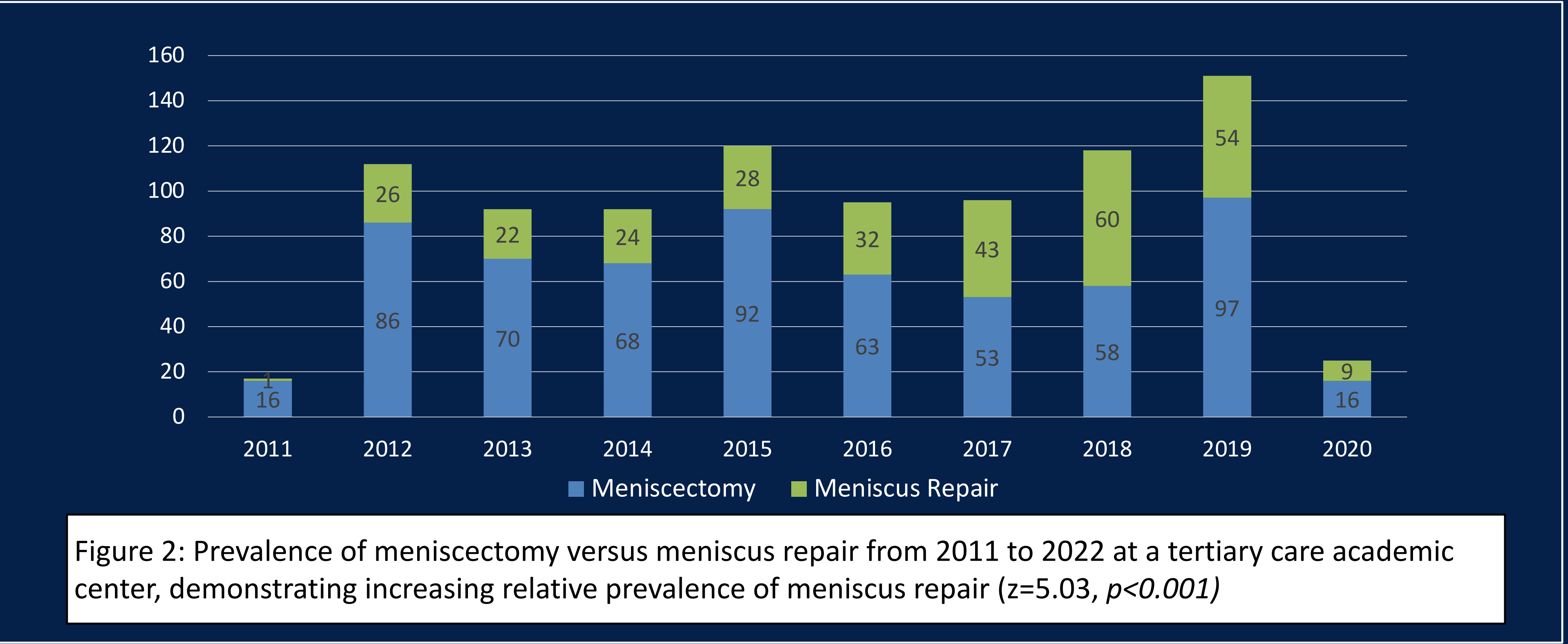
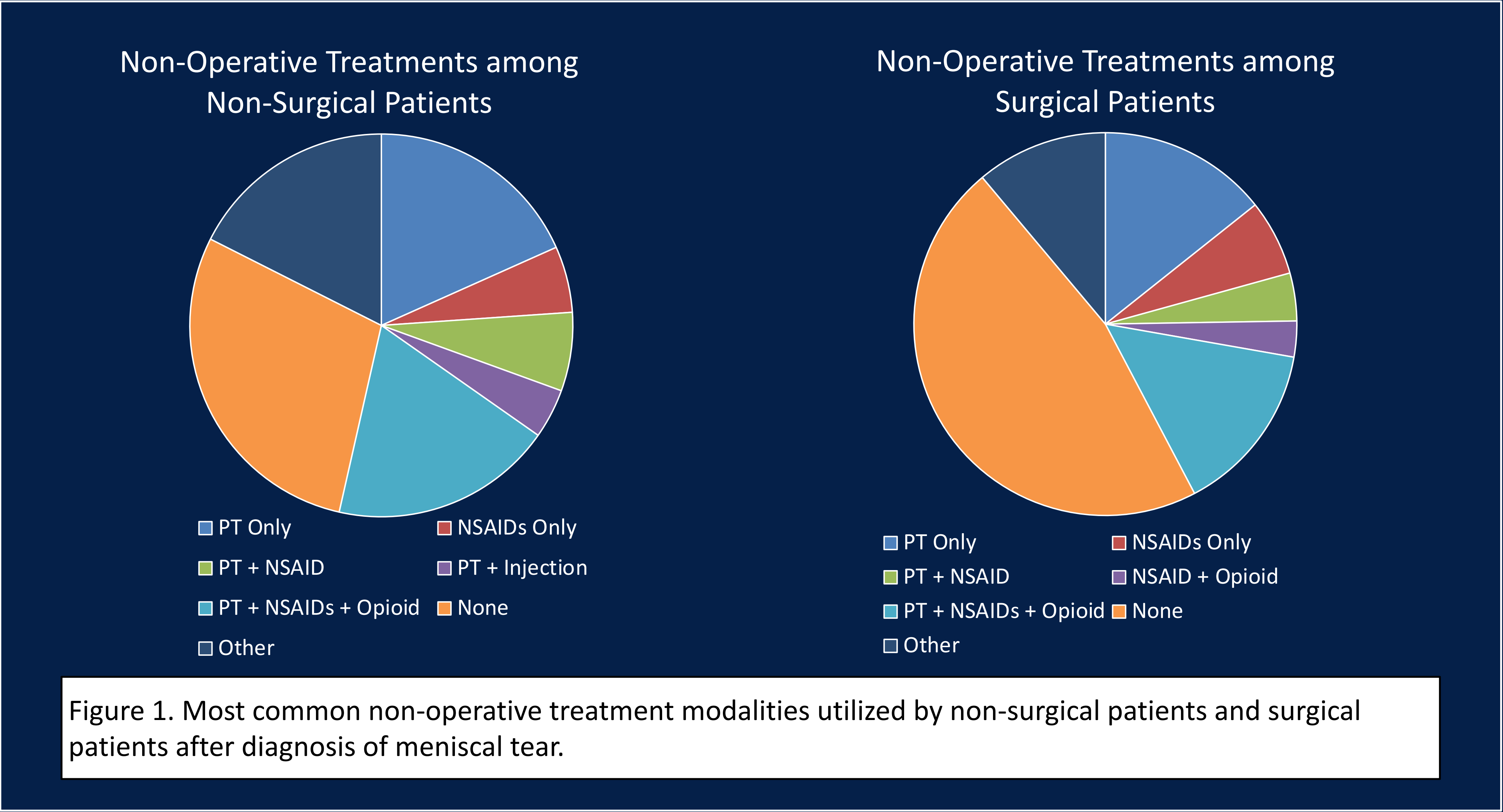
DISCUSSION

The utilization of surgical management and arthroscopic meniscus repair is increasing. Non-operative treatment modalities are similar between surgical and nonsurgical patients. Future work can further investigate the root causes of the gender and insurance-based differences identified in this study.

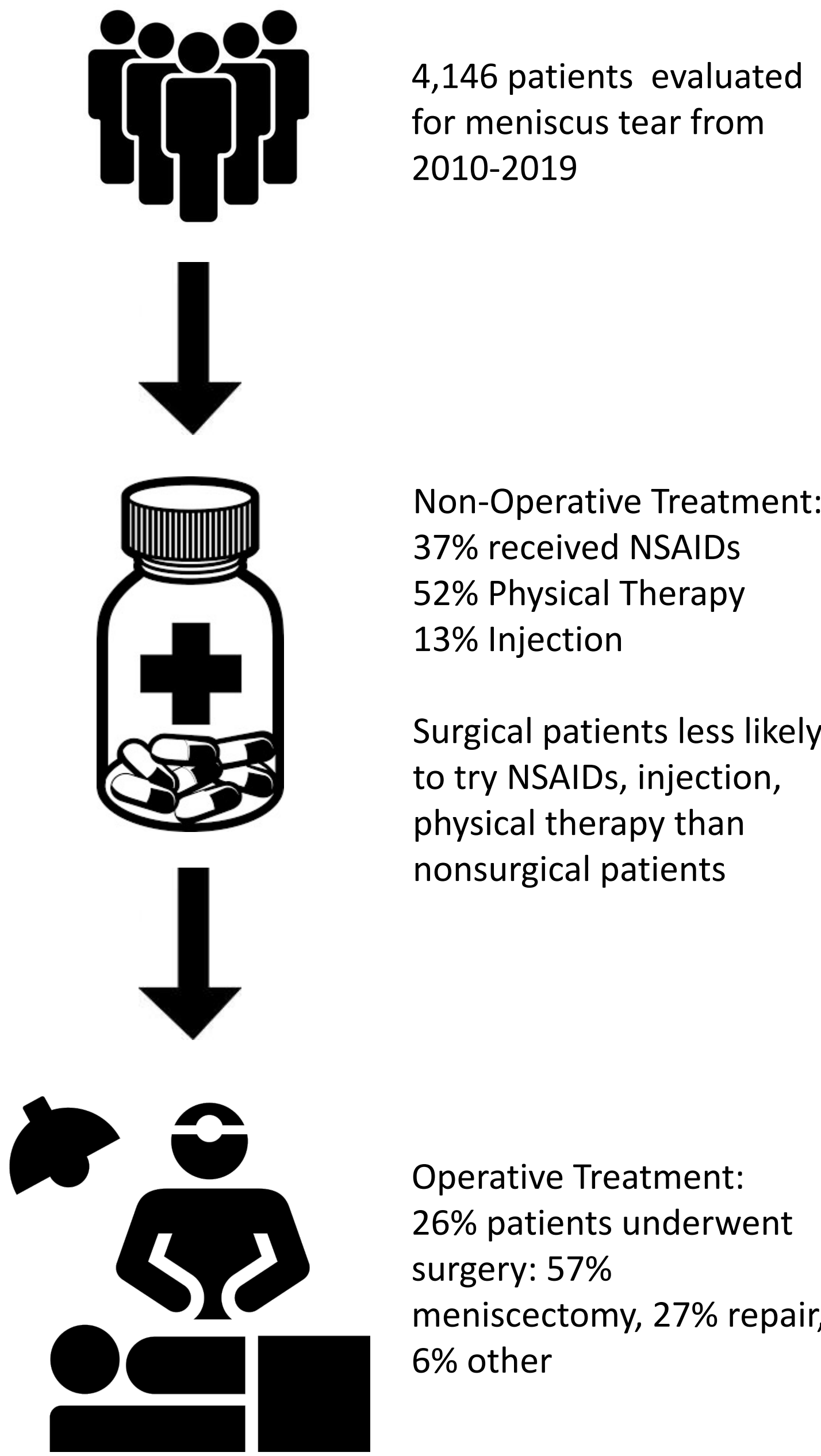
ACKNOWLEDGEMENTS

Thank you to Carolina Ramirez for your incredible work on this project! Thank you to Drew Lansdown for your mentorship!

Surgical management of meniscus tears is *increasing*, but women and older patients are less likely to undergo surgery. Initial non-operative treatment strategies are *similar* for surgical and nonsurgical patients.



University of California San Francisco



- No difference in likelihood to have surgery, time to surgery, or type of surgery by patient race/ethnicity
- Medicare patients are less likely to undergo surgery and have higher time to surgery
- Patients with bucket handle, peripheral, complex tear type most likely to undergo surgery



QR code to full abstract and ClipArt imaging references!