

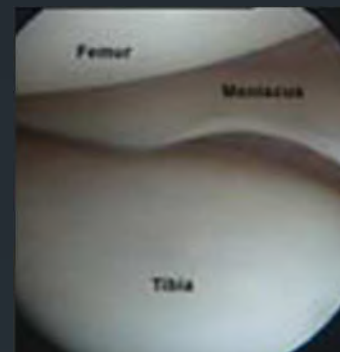
# ANATOMIE ET ROLE DES MENISQUES

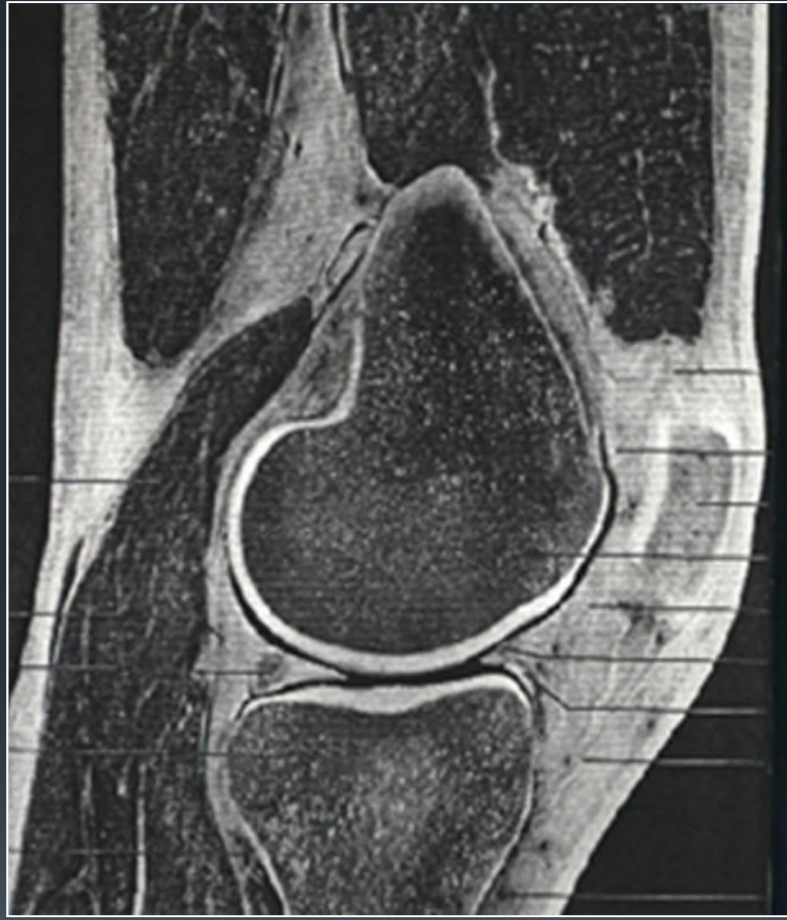
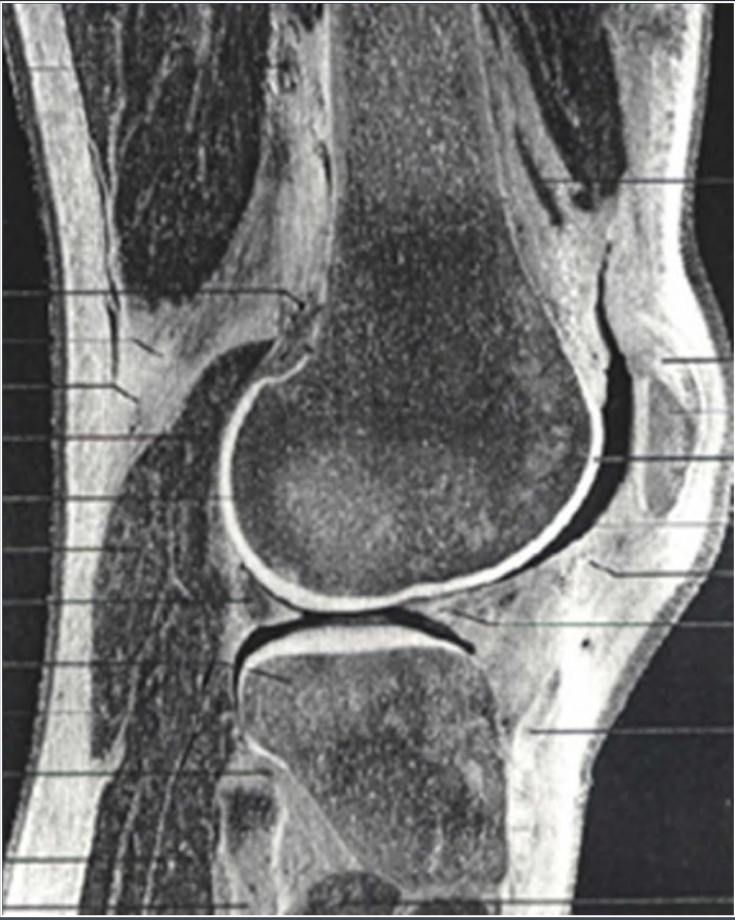
C DEBETTE, E SERVIEN, S LUSTIG, O REYNAUD, A  
PELTIER, P NEYRET



# ANATOMIE

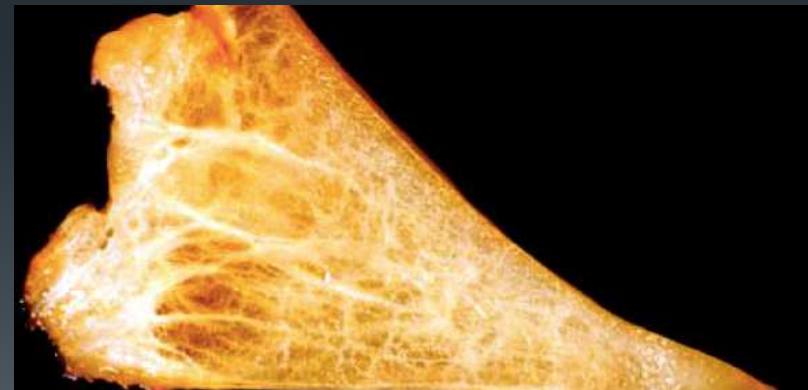
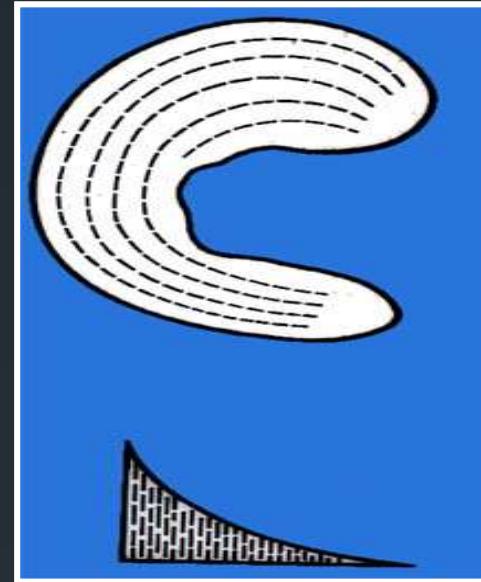
- Fibrocartilages
- Triangulaires en coupe



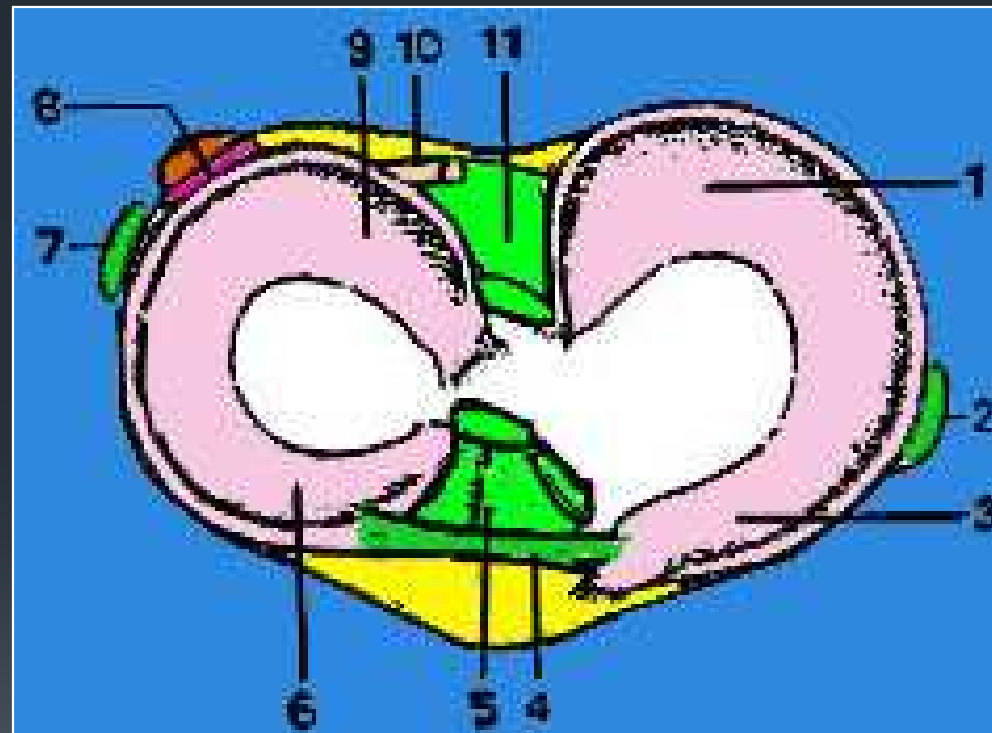


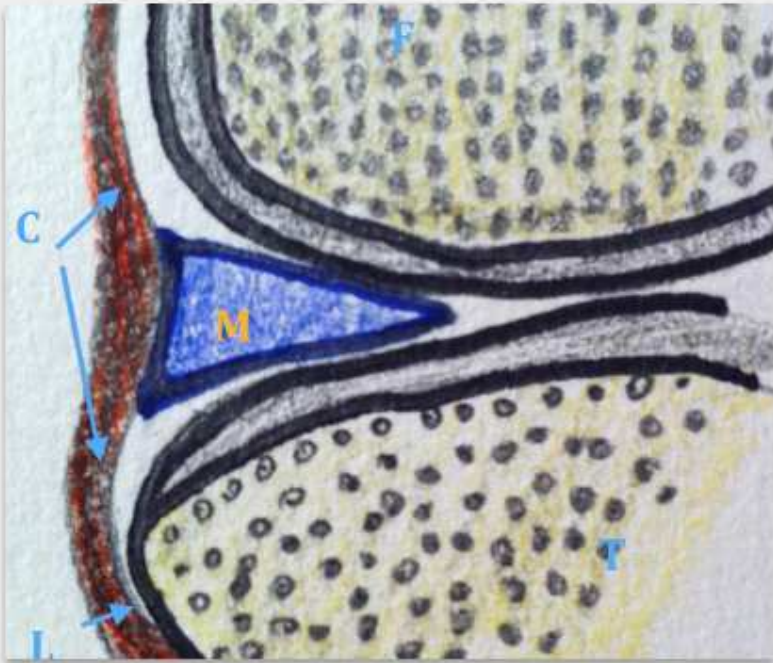
# Composition

- Eau 75%
- Collagène 20%
- 3% protéoglycanes, protéines non collagéniques, lipides
- 2% cellules
- Fibres élastiques: 0,6%



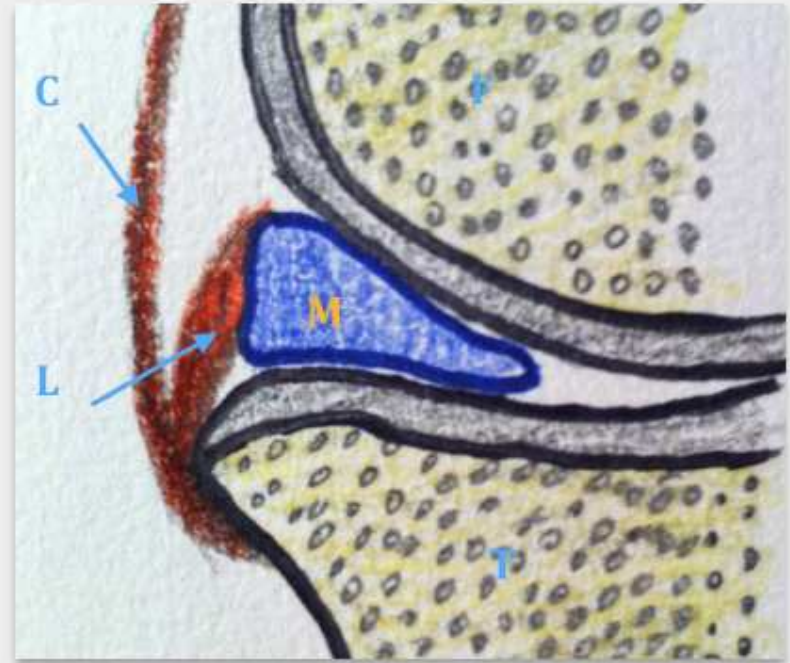
# Situations, insertions





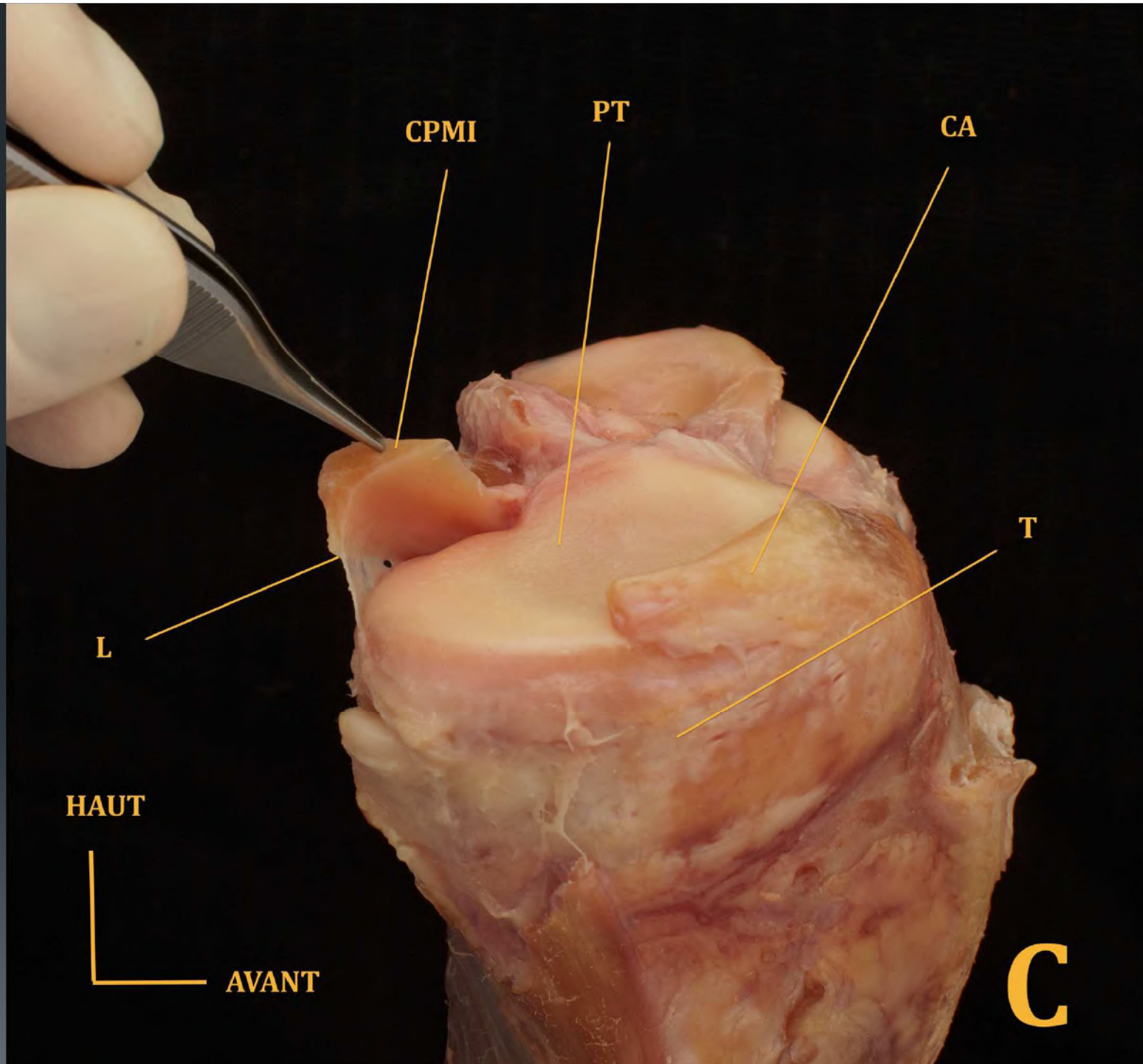
Coupe saggitale

Ménisque Externe

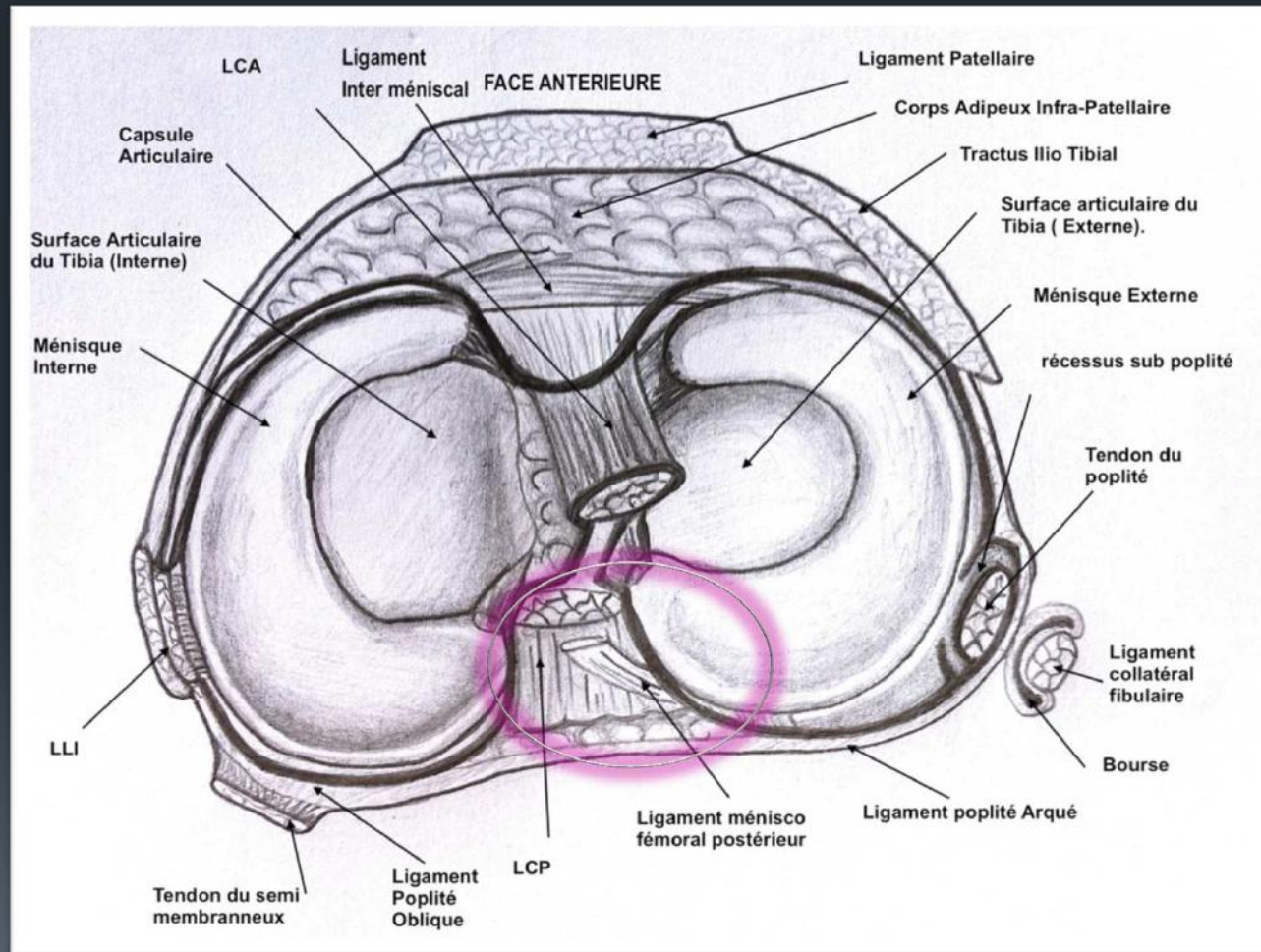


Coupe saggitale

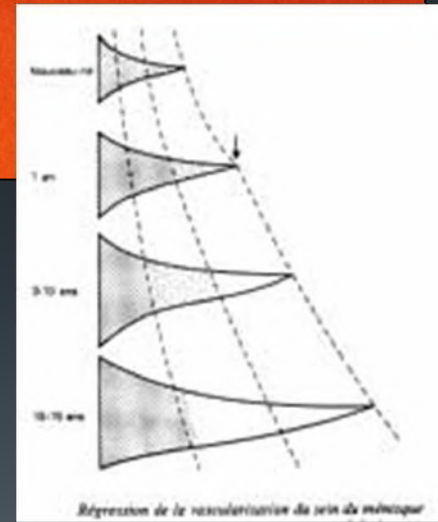
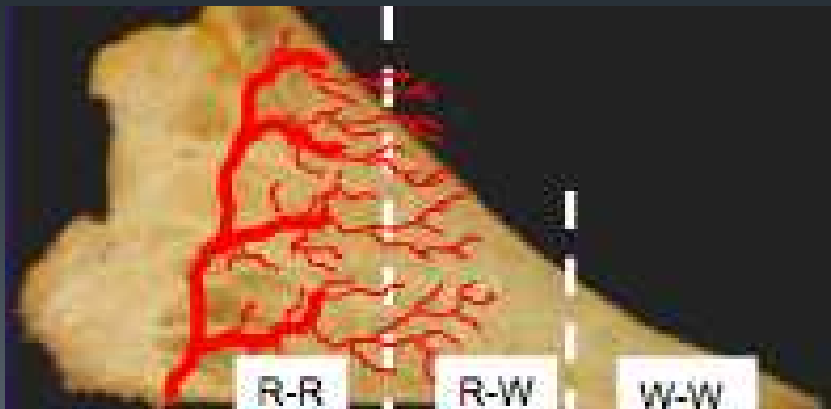
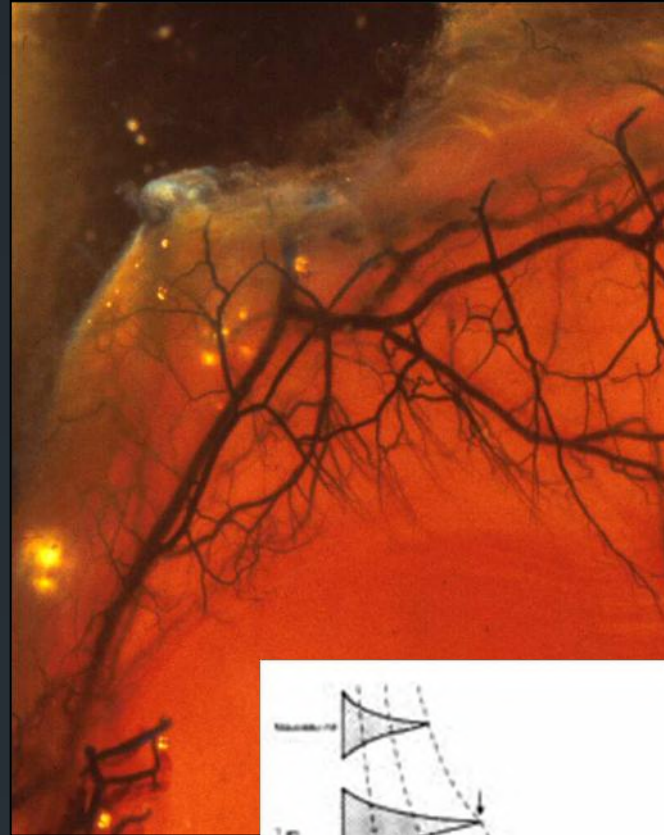
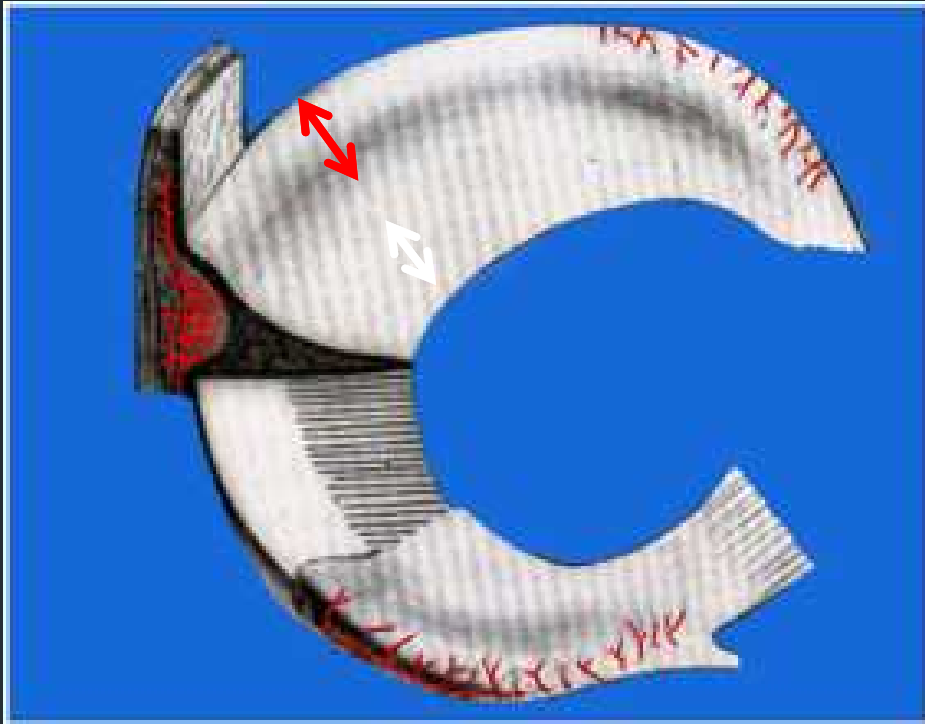
Ménisque Interne



# Ligaments menisco-fémoraux

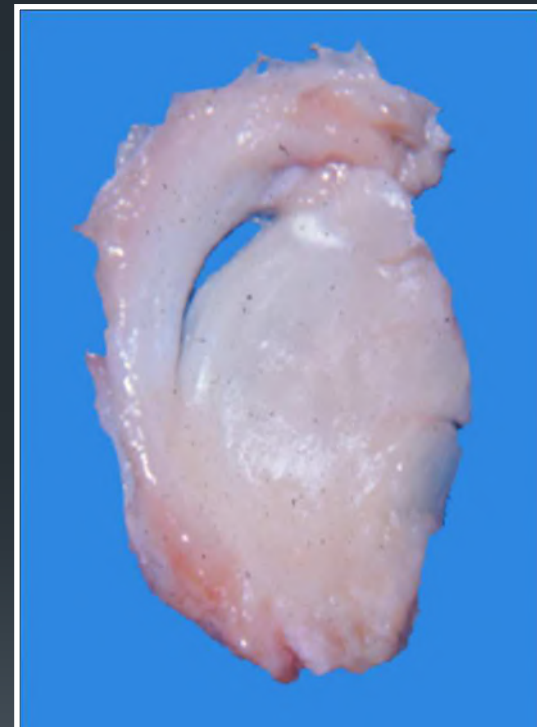




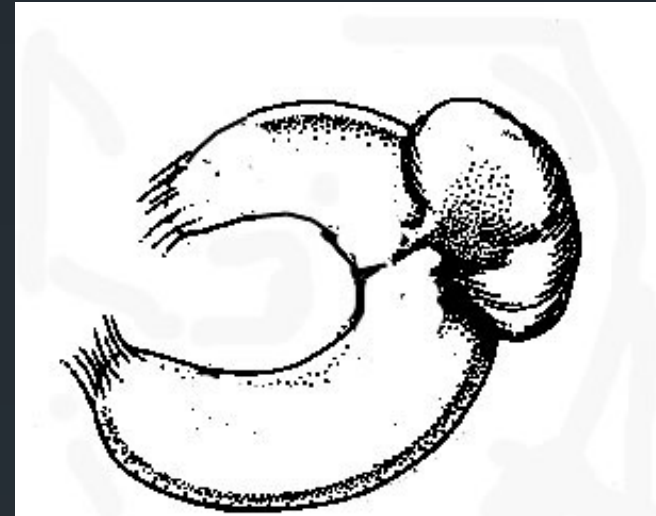


# VARIANTES ANATOMIQUES

- Ménisque discoïde



- Kystes méniscaux
- 0,27 à 5% des lésions méniscales
- 5 fois plus fréquents en latéral
- Souvent associé à une lésion horizontale du ménisque



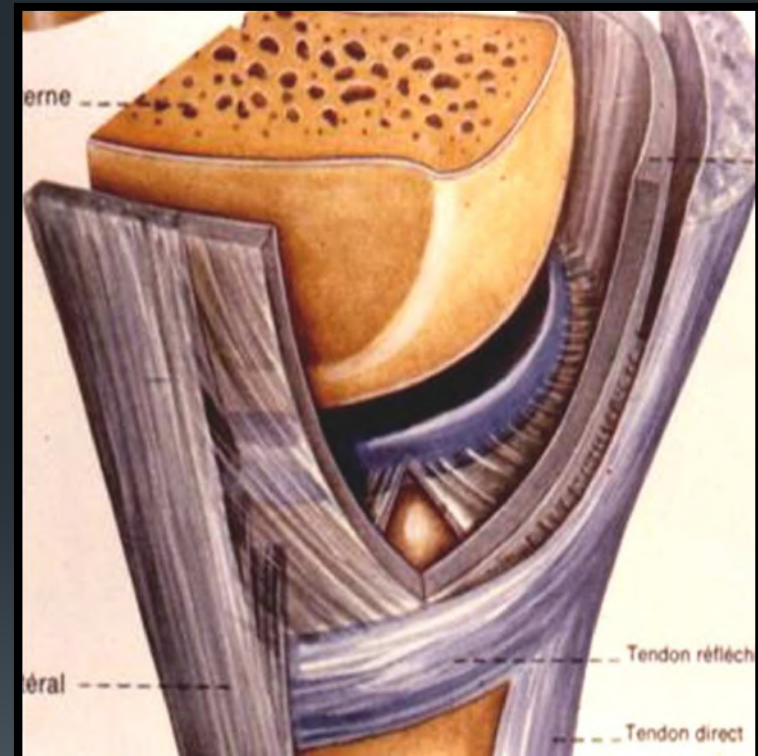
# RÔLES DES MENISQUES

- Amortisseur
- Répartition des contraintes
- Stabilisateur
- Lubrificateur
- Chondroprotecteur

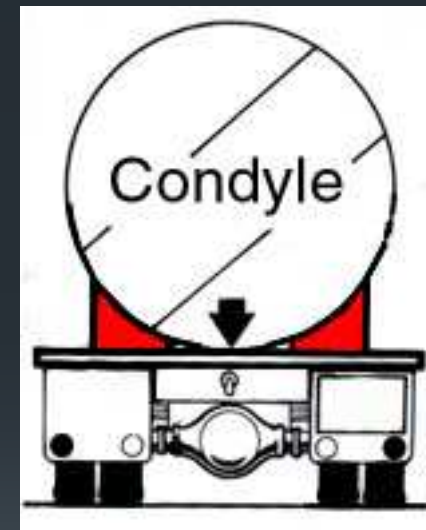
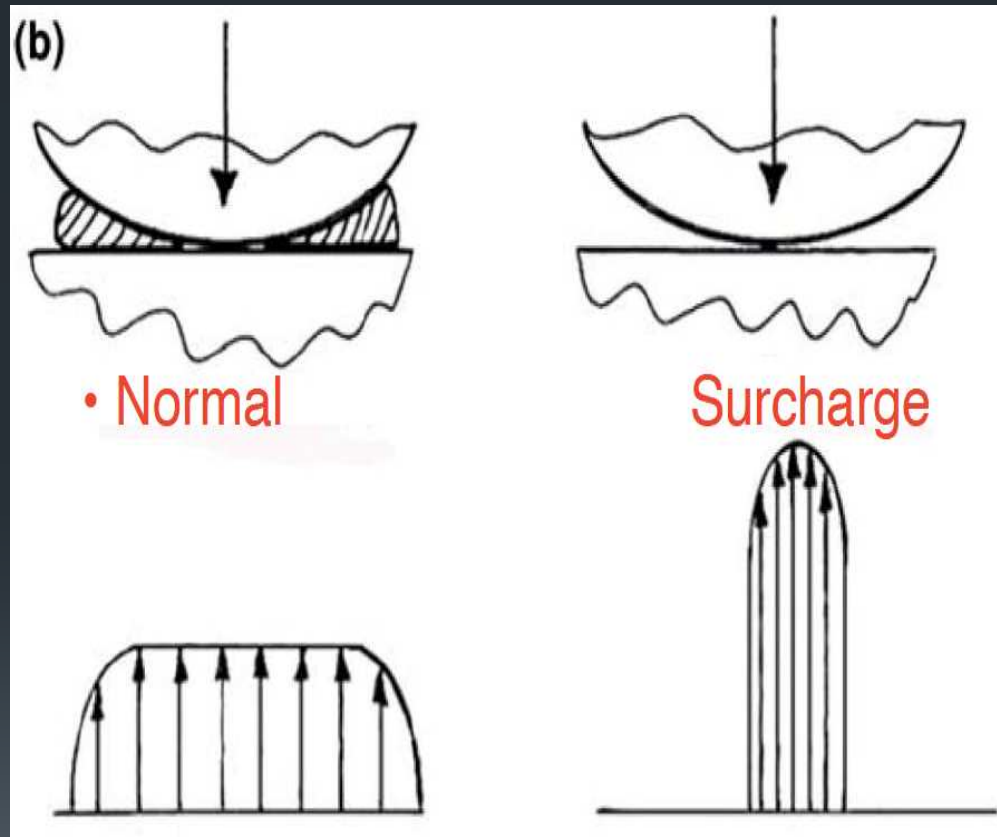


# STABILISATEUR

- Congruence, accompagnent le genou lors des mouvements de flexion extension (recul en flexion)
- CPMI: cale qui limite la rotation externe
- Compartiment interne = stabilité donc forces en compression et lésions verticales
- Compartiment externe = mobilité donc forces en cisaillement en traction, lésions horizontales ou radiales



# AMORTISSEURS



# CONCLUSION

- Structures essentielles
- Préservation méniscale ++

