

## **57 Year Old Woman with Medial Meniscus Tear Referred Pain**

**Patient / Condition:** 57YO woman with lateral knee pain

**Physician Findings:** MRI shows medial meniscus tear

**Proposed Treatment:** Referred to knee specialist for meniscal debridement surgery (Approximate Cost = \$10,000)

**FACT:** Patient requested a second opinion prior to surgery. Fluid from knee joint tested for FACT and was negative. However, fluid wash near a minor spinal disc herniation was positive for FACT.

**Final Treatment:** Patient received a steroid injection in the vicinity of the minor disc herniation. Her knee pain was gone in less than 2 days.

**Conclusion:** FACT confirmed that the patient's knee pain was not as a result of her meniscus tear (which many people over 50 have without pain), but instead was referred pain from the impingement of her minor herniation on a nerve root in her back. Instead of getting knee surgery and having to suffer through 3 to 6 months of post surgical physical therapy, the source of the patient's pain was correctly diagnosed with FACT and their knee pain was resolved quickly and very inexpensively.