

APPROACH TO MEDIAL COMPARTMENT KNEE PAIN - A CASE SERIES AND RETROSPECTIVE STUDY

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Background and Aims

In managing knee osteoarthritis, it is crucial to identify whether pain stems from intra-articular inflammation or extra/peri-articular structures. In some patients, especially women, medial compartment overload can cause meniscocapsular and ligamentous pathology, with pain localized to the medial joint line. These peri-articular issues may be more significant and reported as the primary source of discomfort. Therefore, treatment should target the most clinically relevant complaints. Ultrasound, combined with physical examination, is a valuable tool for both diagnosis and ultrasound-guided injections. This retrospective analysis aims to evaluate the effectiveness of ultrasound-guided corticosteroid injections around the medial collateral ligament (MCL) and medial meniscus in controlling pain and the duration of its effect in patients with pain localized to the medial knee compartment.

Methods

A retrospective analysis was conducted of the clinical records of patients seen in the Ultrasound-Guided Procedures clinic between January 2024 and March 2025. Patients with knee osteoarthritis presenting with primary pain in the medial compartment who underwent peri-MCL and meniscal injection were selected.

Results

During the established time period, 25 patients were treated. Of this sample, 100% were female, with ages ranging from 52 to 95 years. Twenty percent of these patients underwent a repeat procedure. No adverse reactions were reported.

Conclusion

85% of patients experienced a favorable outcome, defined as a pain improvement of more than 30% on the numerical pain scale lasting longer than 3 months. The average duration of the effect was 5 months, with a median of 4 months. Patients reported satisfaction with this approach and noted a considerable improvement in their quality of life. This approach demonstrated short to medium-term efficacy in pain control, with associated functional improvement and a good safety profile, and should be considered a therapeutic option for the treatment of this patient population.

Keywords: Ultrasound-guide Injection, Medial Knee Osteoarthritis