

## Physiotherapy

# Does my Knee need a Scan?

### Common Knee findings in MRI imaging:

#### Osteoarthritis (OA):

- On average 62% of adults show some signs of knee arthritis on an MRI, but not everyone with Osteoarthritis feels pain.
- For people under 40 years old around 11% have some signs of arthritis.
- For those over 40 years old around 43% have signs of arthritis, but this doesn't mean all of them will experience knee pain.

#### Meniscus (Cartilage) Tears:

- Tears in the meniscus (the cartilage in your knee) and arthritis are very common. MRI scans usually aren't needed or recommended for diagnosis.
- MRI's can't tell how old a tear is, and the tear may not be the main reason for knee pain.
- Almost everyone over 25 years old has some changes in the meniscus, whether they feel pain or not.
- Around 30-36% of people over 50 years old have meniscus tears, even if they don't have pain or haven't injured their knee.
- The chance of having a meniscus tear increases with age:
  - ▶ 50-60 years old: up to 32% chance
  - ▶ 70+ years old: up to 56% chance
- If you already have arthritis in your knee, your chance of having a meniscus tear goes up to 60%, even if you don't have any pain.

## Health Factors:

- Being overweight doesn't directly cause meniscus tears, but if you have a BMI over 30, the symptoms will likely last longer.
- Losing or maintaining weight may help with the symptoms of meniscus tears. Gaining weight can make the symptoms worse.
- Drinking 1-7 alcoholic drinks per week can harm your knee cartilage and increase the risk of further changes. Drinking more than 7 drinks per week makes this risk even higher.
- Smoking harms the health of the meniscus and increases the risk of tears.
- Having diabetes can increase the risk of both arthritis and meniscus tears.

## Web Address

<http://www.cht.nhs.uk/services/clinical-services/physiotherapy-outpatients/patient-careinformation/>

Or google "CHFT outpatient physiotherapy"

Or scan the QR Code to take you to our website



**If you have any comments about this leaflet or the service you have received you can contact :**

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MSK Physiotherapy Admin Office  
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[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce,  
obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych  
informacji w innym formacie lub wersji językowej,  
prosimy skontaktować się z nami, korzystając z ww.  
danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ کی زبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

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المذكور أعلاه"