

# SHIP8 Clinical Commissioning Groups Priorities Committee

No. 55

**Policy Recommendation: Arthroscopic surgery for meniscal tears**

**Date of issue: July 2019**

NB: This policy and the Category 1 NHS England Evidence Based Intervention statement for Arthroscopic lavage and debridement in Osteoarthritis **augments and does not replace** Priorities Committee policy statement no. 10: 'The place of arthroscopy in knee pain without true locking in adults over 40' (April 2016, revised Feb 2017 and July 2018)

The committee recommends that:

Arthroscopic surgery should be offered to patients with meniscal tears after 3 months of conservative treatment which have failed to resolve and which have occurred as a result of trauma or injury.

Arthroscopic surgery for patients with degenerative meniscal tears and no clear history of recurrent mechanical locking, resulting in appreciable loss of function, is low priority. This is due to lack of evidence of positive long term outcomes over conservative treatments such as physiotherapy.

**Review date: July 2023**