Andy Thompson

Wellington Orthopaedic & Sports Surgeons (WOSS)
Level G, Bowen Specialist Centre, 98 Churchill Drive, Crofton Downs, Wellington 6035
04 242 0909

Consulting location from January 2027

Meniscal Tear Assessment

Patient information for knee pain, catching or locking

The menisci are pads of cartilage that cushion the knee. A tear may follow a twist or develop gradually, and can cause pain, swelling, catching or locking.

Treatment considers your symptoms, examination, other knee problems and activity goals. A scan finding alone does not decide whether surgery is appropriate.

This information is general only and does not replace personalised medical advice. Your assessment, treatment options and recovery plan may differ. Andy Thompson's clinic is not an urgent or emergency service. For medical emergencies, call 111.

Urgent concerns: For new or worsening symptoms requiring urgent assessment, contact your GP, an urgent care provider, or your nearest emergency department.

What assessment may cover

- How the problem started and how it affects walking, work or sport.
- Examination of movement, swelling, tenderness and knee stability.
- Review of previous treatment and X-rays or MRI where appropriate.
- Whether other causes of knee pain also need consideration.

Treatment options

- Some tears can be managed with activity changes, physiotherapy and appropriate symptom relief.
- Surgery may be discussed for selected tears or symptoms that continue despite non-operative care.
- If surgery is considered, the possible benefits, risks and recovery requirements will be explained.
- The plan is individual; surgery is not needed for every tear.

Useful information to bring

- Referral information, scan reports and details of previous knee treatment.
- A medication list, allergies, and ACC claim or insurance details if relevant.
- Your activity goals and questions about work, sport and treatment options.

Prepared for Andy Thompson's patients and referrers. Updated October 2026.