

**Vermesan D, Prejbeanu R, et al. Arthroscopic debridement compared to intra-articular steroids in treating degenerative medial meniscal tears. European Review for Medical and Pharmacological Sciences 2013;17:3192-3196.**

Design: Randomized clinical trial

Study Question: In patients with nontraumatic degenerative lesions of the medial meniscus, do intra-articular steroid injections and arthroscopic debridement have similar outcomes?

Reasons not to cite as evidence:

- The description of outcomes is sparse and not sufficiently detailed to summarize what the results mean
  - o “Symptom reappearance” seems to be a major outcome for the study, but it is not defined well enough to characterize in terms of pain and function
  - o “Symptoms improvement,” reported at one year, is not defined or quantified
  - o The method of randomization is not described
- Of 60 patients randomized to steroid injections, 48 were available at one month for followup, and 12 of these had another steroid injection
  - o Repeated steroid injections are of concern in light of their potential for systemic effects on the hypothalamic-pituitary-adrenal axis
- Rehabilitation programs, if implemented, are not described
- An equivalent benefit of steroid injection and arthroscopic debridement cannot be ruled out, but the information is insufficient to support this conclusion