



INJURIES OF THE KNEE

& Treatment Options



**MEIER ORTHOPEDIC
SPORTS MEDICINE**

Steven W. Meier, M.D.

ABOUT DR. MEIER

PROFESSIONAL QUALIFICATIONS

BOARD CERTIFICATION

Diplomate, American Board of Orthopedic Surgery

FELLOWSHIP TRAINING

University of California, San Diego
Sports Medicine and Arthroscopic Surgery

RESIDENCY TRAINING

Northwestern University, Chicago
Orthopedic Surgery

MEDICAL SCHOOL

Loyola University Chicago Stritch School of Medicine

ACADEMIC APPOINTMENTS

Assistant Clinical Professor, University of California, Irvine Department of Orthopedic Surgery



ACADEMIC MEMBERSHIPS



AANA

Arthroscopy Association of North America



Health Volunteers Overseas

Empowering Global Health Through Education



Orthopedics
Overseas



California
Orthopaedics
Society



REKNOWNED EXPERT

Dr. Meier lectures internationally, employing his extensive knowledge of advanced orthopedic and sports medicine techniques to educate other surgeons throughout the USA and around the world. In addition to teaching his peers in the medical community, he serves on the medical advisory board for national companies, and has published numerous clinical studies and case reports in peer-reviewed medical journals and specialty textbooks.

KNEE INJURIES



Due to its unique structure and weight-bearing capacity, the knee is one of the most commonly injured joints in the human body.

Knee injuries may generally result from trauma, such as a blow to or twist of the knee, but they can also result from overuse, misalignment, and degeneration over time. Arthritis can also be a source of knee pain. Knee injuries can range from mild to severe.

Some of the most common knee conditions and injuries include:

- Anterior Cruciate Ligament (ACL) injury
- Medial Collateral Ligament (MCL) injury
- Posterior Cruciate Ligament (PCL) injury
- Osteoarthritis
- Meniscus Tears & Fraying
- Cartilage Degeneration
- Patellofemoral Instability
- Patellofemoral Pain Syndrome
- Patellar Tendinitis (jumper's knee)
- Fractures & Contusions From Falling
- Baker's Cyst

KNEE TREATMENT OPTIONS

There are a variety of treatment options Dr. Meier can recommend to repair and/or strengthen an injured knee in order to relieve pain and improve mobility and performance.

Dr. Meier will determine if a non-invasive approach, such as a thorough rehabilitation and exercise program in physical therapy, will be a helpful treatment option before a firm recommendation of surgery is given to a patient experiencing knee problems, or pain. Diagnostic imaging can also help Dr. Meier shape his advice and opinion for the patient's specific case.

If a rehabilitation program may not suffice to relieve pain and improve function, Dr. Meier will consult with the patient about use of some of the most leading-edge surgical techniques to provide the best results possible for the patient's goal.

Dr. Meier routinely utilizes the following surgical interventions when needed:

- Knee arthroscopy
- Arthroscopic ACL reconstruction
- Ligament repair
- Cartilage restoration (including Autologous Chondrocyte Implantation)
- Fracture fixation
- Arthroscopic meniscus repair/shaping

Additionally, since Dr. Meier is a leading expert in surgical techniques of the knee and innovative orthopedic procedures, many patients come to him for revisional knee surgery if they have not had a good outcome from a previous surgery performed by another surgeon.

PHILOSOPHY

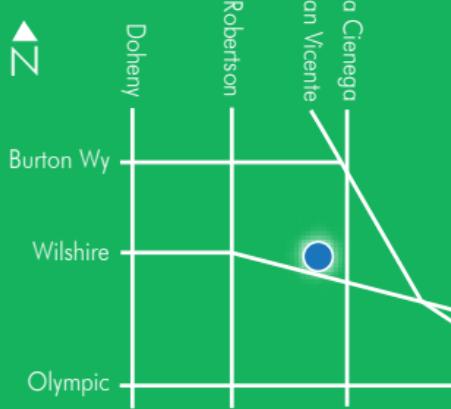


Whether working with recreational athletes, injured workers, or any other individuals, Dr. Meier provides each patient with the quality of care given to professional athletes.

Dr. Meier utilizes several therapeutic approaches, which may include an exercise program, rehabilitation, and/or minimally invasive surgery. When surgery is necessary, the most current and leading-edge technologies are employed to result in less post-operative pain and a faster recovery.

Since Dr. Meier is known as a leading surgeon within his specialty, patients with complex musculoskeletal problems often seek him out for a second opinion or for revisional surgery. As a result, some patients do travel from out-of-state and overseas to receive top care from Dr. Meier. Other orthopedic surgeons in the LA area often consult with Dr. Meier when they encounter difficult cases that may fall beyond the boundaries of their expertise.

Dr. Meier has refined how to individualize and streamline medicine to meet the demands of high-performance individuals, providing the same level of progressive treatment to athletes and non-athletes alike.



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