

REVIEW ARTICLE

A Review of Utility of Magnetic Resonance Imaging Compared to that of Arthroscopy in Diagnosis of Knee Ligamentous Injury

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Abstract

Orthopedic surgeons relied absolutely on clinical exam within the late 1960 & early 70's till several reports advised the function of arthroscopy in prognosis and remedy of diverse knee disorders. Whilst comparing the accuracy of Magnetic Resonance Imaging (MRI) with scientific exam in diagnosing meniscal and ACL tears, a few preceding studies confirmed that medical examination is at the least as correct as MRI. The accuracy of MRI is very high in diagnosing knee lesions and has a sensitivity of 80% to a 100%.^[5] MRI has been used because the first-line diagnostic exam in sufferers with suspected meniscal injuries, and unnecessary diagnostic arthroscopies have been avoided. In this study we reviewed utility of MRI in diagnosis of knee ligamentous injury, as opposed to arthroscopy.

Keywords: MRI, arthroscopy, knee ligament, injury

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Introduction

Orthopedic surgeons relied absolutely on clinical exam within the late 1960 & early 70's till several reports advised the function of arthroscopy in prognosis and remedy of diverse knee disorders.^[1,2] Whilst comparing the accuracy of MRI with scientific exam in diagnosing meniscal and ACL tears, a few preceding studies confirmed that medical examination is at the least as correct as MRI.^[3,4] The accuracy of MRI is very high in diagnosing knee lesions and has a sensitivity of 80% to a 100%.^[5] MRI has been used because the first-line diagnostic exam in sufferers with suspected meniscal injuries, and unnecessary diagnostic arthroscopies have been avoided.^[6,7,8,9] The anterior cruciate ligament (ACL) extends from the posterior floor of the medial femoral condyle and attaches to the intercondylar technique of the tibia. Its common length is 31–38 mm and its average intersecting surface location is 36 mm² in ladies and 44 mm² in men.^[10] It may be divided into anteromedial and posterolateral bundles. With the posterior cruciate ligament, the ACL limits immoderate flexion, and immoderate extension in combination with the

posterior cruciate ligament, the medial and lateral collateral ligaments, the articular pill and the indirect popliteal ligament.^[11] It additionally contributes to restriction of lateral slip and rotation with the articular pill, the medial and lateral collateral ligaments and the posterior cruciate ligament.^[12] Injuries of the ACL are usually sports-associated traumas with almost 3 quarters being non-contact.^[13] Frequently, MRI may be beneficial to diagnose the particular knee injuries and manual further appropriate surgical management.^[14] It is stated that meniscal tears associated with ACL accidents have been more tough to hit upon on MRI than meniscal tears with an intact ligament.^[15] As the ACL injury became greater persistent, a growing prevalence of meniscal tears was suggested.^[16,17] Associated injuries of the ACL and different structures are as a result of a diffusion of occasions:

1. ACL injury associated with medial collateral ligament and medial meniscus harm is as a result of pressured flexion-external rotation pressure;
2. Harm associated with lateral compartment damage is as a result of pressured flexion-inner rotation pressure;

3. When related to lateral and medial compartment damage it is resulting from one of a kind institutions of varus-valgus and rotatory stress;
4. When in hyperextension.^[13,18]

The sensitivity of this examination may be raised in step with the methods utilized by radiologists.^[19] MRI is typically an correct form of complementary exam for knee evaluation, however it has excessive value.^[20] MRI has high applicability to the knees, in evaluation with different joints, and it affords wonderful diagnostic ability for comparing lesions of different kinds, such as ligament, meniscal, tendon, bone and chondral injuries.^[21] However, no evidence to signify that MRI would possibly reduce the wide variety of negative arthroscopic processes has been confirmed.^[22] It has been shown that lesion of the anterior meniscal cornu visible on MRI might not any sizable scientific presentation, and correlation with the bodily examination is suggested.^[23] Heterogenous outcomes regarding the accuracy of physical examinations on meniscal injuries were determined because of deficiencies of medical practice.^[24,25,26] However, arthroscopy constitutes a noticeably luxurious and invasive exam.^[27] Although MRI has lately played an increasing function inside the assessment of knee lesions, its diagnostic ability for ACL damage is limited and analysis fallible.^[28] Latest studies have compared the diagnostic accuracy of 1.5 T MRI with 3.0 T MRI,^[29] MRI blended with ultrasonography, and MRI mixed with physical exam.^[27,30] Studies assessing MRI versus arthroscopy have no longer been reliably in comparison, making it harder to decide the right degree of scientific importance to the published records.^[31]

Discussion

Timely and accurate diagnosis and treatment could prevent the emergence of cartilage degeneration, the progression of bone contusion, the aggravation of traumatic arthritis or the occurrence of knee joint dysfunction.^[32] MRI studies have higher false positive than false negative results.^[33] We also found this to be true when examining the combined results from meniscal lesions and ACL tears. Thus, the key to interpretation of this injury is the recognition

of absence or blunting of the inner point of the meniscal triangle.^[34] However, it is likely that overuse of the MRI technique in the diagnosis of ACL injury leads to misdiagnosis (estimated at 47%), especially in a chronic incomplete tear which might be due to the special sensitivity to the hydrogen atom and could be associated with volume effects and synovial hyperplasia.^[35] Additionally, different studies have attributed different values for sensitivity and specificity, ranging from 63.6%^[22,36] to 100%^[37,38] and from 68.4%^[39] to 100%^[40,41,42] respectively, owing to the slightly oblique angle of the ACL crossing the knee joint and to the difficulty of displaying the full ACL in the true sagittal plane via a single MRI scan.^[43,44] Meanwhile, the accuracy of MRI diagnosis depends on the scanning technique and the experience of the musculoskeletal radiologist.^[45]

False positive MRI scans seen in the posterior horn of the medial meniscus may reflect an inability to completely visualize the area at arthroscopy, and tears that extend to the inferior surface of the meniscus may be difficult to see.^[46] Some false positive findings on MRI can be attributed to inadequate visualization of the meniscus at surgery and to the fact that the diagnosis of a tear can be subjective.^[47] MRI is the non-invasive imaging technique of choice in evaluating knee pain.^[48,49,50] Clinical examination, when combined with MRI, provides the most accurate non-invasive source of information currently available for pathological findings in the menisci and the ACL.^[51] MRI films need to be carefully examined because a meniscal tear is unlikely when MRI scans show a focus of high signal in a meniscus that does not unequivocally extend to involve the surface of the meniscus.^[52] Arthroscopy has surgical risks, with a complication rate of 2.5% in arthroscopic meniscal surgery,^[53] including saphenous and peroneal nerve injures, deep infections, superficial infections, vascular injuries and pulmonary embolism.

Smith *et al.* proved that there is no evidence that 3T scanners had superior diagnostic efficacy for ACL injury when compared with 1.5T machines.^[29] Similarly, 2 authors also reported that magnetic field strength had no significant effect on accuracy^[54,55] Another important factor that affects the diagnostic accuracy is the

MRI sequence. 1 author reported that improving the MRI sequence could improve diagnostic accuracy.^[56] In previous reviews, the impact of the study's year of publication was found to be variable. Oei *et al.* reported that recent studies had better diagnostic accuracy than older studies,^[56] which is likely due to improvements made in imaging technology such as the use of specific knee coils, improved sequences and radiologist familiarity with MRI over time. In contrast, one author found that there is a negative trend in diagnostic accuracy with more recent studies,^[57,58] which may be due to differences in the prevalence of ACL tears in the selected studies. They also reported that older studies had better methodological quality than recent studies. One author^[59] reported low sensitivity in line with our results for the MM and LM, and Sampson *et al.*^[37] mentioned the low sensitivity for LM tears. It was found in one study^[60] that most of the missed tears involved the posterior horn.

MRI should be used as an auxiliary tool in diagnosing meniscal and ligament injuries, according to combined methods for diagnosing knee injuries consisting of physical examination and MRI were found to be capable of diminishing the number of negative arthroscopy procedures by 5%, as demonstrated in 1 study.^[61] This suggests that MRI has diagnostic value and helps in relation to the type of anesthesia and treatment, and that it may significantly reduce the need for a second arthroscopic intervention. In a double-blind study, authors^[62] commented that knee arthroscopy was performed without prior knowledge of the MRI data.

In one study it was demonstrated that MRI has been used excessively in cases of knee disorders and does not have a favorable cost-benefit relationship in relation to physical examination, in comparisons with arthroscopy.^[63] For physical examination, these authors found sensitivity and specificity of 100%, whereas in comparing MRI with arthroscopy, they found values of 95% and 88%. Yavuz Kocabay^[64] found that there was no statistical difference between MRI and clinical examination in diagnosing ACL tears ($P > .05$). Dowdy *et al.*^[65] concluded that a positive MRI for an ACL tear combined with a normal arthroscopy did not represent a false positive MRI and that an intra-

substance tear may be present that is difficult to detect with arthroscopy. In a study done on 63 patients MRI showed a tendency to over diagnose tears with five false positive giving an overall predictive value of only 76%.^[66]

Meniscal injuries are a commonplace motive of knee disorder and ends in 2-0.33 of all knee disturbances.^[67] MRI, a noninvasive and radiation free diagnostic modality is usually used for these inner derangements.^[68] ACL tears to be more common than other ligamentous accidents.^[69] Some authors reviewed patients with the clinical prognosis of meniscal tears and recommended MRI as a clarifying diagnostic device for the assessment of meniscal tears, mainly LM ruptures.^[70] Sufferers with complete ACL tear showed grade 2 or better ATS, accordingly suggesting that substantial ATS is existent with whole ACL tears. In a observe executed by Chan *et al.*, the presence of torn ACL become established on the premise of measurements of the placement of the lateral tibial plateau relative to the lateral femoral condyle on a sagittal picture.^[71]

In a retrospective examine on 21 instances evaluating surgical information and MRI after knee dislocation, Potter *et al.*^[72] showed a first rate correlation ($\kappa > 0.8$) for the scale and vicinity of the lesions. In a retrospective examine of ten instances, MRI changed into useful to decide the presence of ligament lesions.^[73,74] In the region where it crosses the menisco-femoral ligaments of Wrisberg and Humphrey, it takes on a localized nodular look and sometimes displays a neighborhood hyperintensity because of a magic angle artefact. MRI has a diagnostic accuracy of 90% in this example.^[75] The main secondary signs of harm to the anterior cruciate ligament described within the literature are:

- Abnormalities of ACL orientation with an angle of underneath 45° from the tibial plateau and over 15° from the intercondylar line of Blumensaat;^[76]
- The presence of a bone contusion or an osteo-chondral fracture. This particularly includes the lateral tibial plateau.^[76,77] This sign however is brief and is decreased especially after nine weeks following the initial effect;^[78]
- A loose curvilinear look of the PCL which is an indirect sign of the anterior drawer;^[79]

- The presence of a deep scalloping at the lateral femoral condyle;^[80]
- Posterior displacement of the lateral meniscus through greater than 3.5 mm^[81] mixed with the “non-recovery” sign (a vertical line passing thru the posterior fringe of the tibial plateau have to no longer pass the meniscus);^[78]
- The presence of an anterior drawer of at least 5 mm measured from the vertical axis passing via the posterior fringe of the lateral tibial plateau;^[78,81]
- Vertical shift of the lateral collateral ligament.^[82]

Conventionally, the cruciate ligaments are assessed on indirect sagittal MRIs, with t2-weighted sequences. T2- weighted sequences are related to greater sensitivity, specificity, and accuracy for an ACL tear than are t1-weighted sequences.^[83,84,85]

Staeubli et al. advocated the usage of the oblique coronal MRI for visualizing the anatomic diagonal path of the native ACL and its relation with the intercondylar notch and the posterior cruciate ligament.^[86] For the local ACL, the use of extra oblique coronal images improves the specificity and accuracy for detecting ACL tear and this additionally increases the accuracy of grading ACL injury.^[87] For the ACL graft, one previous examine protected the indirect coronal pix for the assessment of healthy ACL grafts.^[88] Majority of the preceding MR studies have hired sagittal, coronal or oblique sagittal pics.^[86] Some investigators have conducted MR research the usage of right knee positioning with a view to optimize visualization of an ACL graft.^[89]

Comparison

More advantageous MR research were accomplished to evaluate the periligamentous tissue with its better sign intensity, and this better sign depth was derived from neovascularization, granulation tissue or immature collagen.^[90] Previous studies evaluated the oblique axial images obtained at a right perspective to the ACL graft,^[91] and one used MR arthrography for ACL graft assessment.^[92,93,94] Using the oblique coronal photos decreased the false-positive analysis of partial tear and extended the specificity of MRI for ACL graft harm. Despite the fact that, fake

negative diagnoses for ACL graft harm had been nevertheless made with the use of the oblique coronal pictures. We agree with that the femoral attachment website is vulnerable to misinterpretation because of the intense angle shaped between the femoral tunnel and the grafts at the indirect coronal pictures. The indirect sagittal pictures may also help enhance the visualization of the femoral attachment web page of an ACL graft by using showing the femoral tunnel in a plane.^[95]

MRI scans had been observed to be increasingly more accurate in the prognosis of acute knee ligament tears. Similarly, an MRI technique became these days stated to be accurate inside the identity of posterolateral knee accidents.^[96] Because it has been said that the historic occurrence of posterolateral knee accidents has been underestimated and below-mentioned, with a said occurrence of among 4% and 7%, it changed into believed that a massive prospective MRI study might offer, as intently as possible, the real number of posterolateral knee injuries that occur inside the widespread population.^[97,98]

Conclusion

MRI is quite effective in diagnosing meniscal tears, although it should serve as complimentary tool to clinical examination. There is need to conduct multi-centric study with diverse population sample to study the efficacy of MRI in meniscal injuries.

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