

Table 1. Demographics and clinical characteristics

Number of patients	100
Gender, men/women	16/84
Injured side, right/left	44/56
Root tear classification Type 1/2/3/4/5	7/83/1/9/0
Age (years)	64.7 ± 9.7
Height (m)	1.56 ± 0.08
Body weight (kg)	64.3 ± 15.3
Body mass index (kg/m ²)	26.2 ± 4.6

Data of age, height, body weight, and body mass index are displayed as a mean ± standard deviation.

Table 1

Table 2. Injury patterns of medial meniscus posterior root tears.

	Patients (n = 100)
Descend (stairs, step, ditch/gutter, bus platform, mountain path, slope)	38
Walk (flat ground, trot, take a dog for a walk)	18
Squat (high flexion, weeding, seiza sitting)	13
Stand up (chair, bed, car seat, ascend stairs)	9
Fall down	8
Twist (turn around, look back)	6
Light exercise (tennis, golf, calisthenics)	6
Automobile accident (thrust a foot)	2

Table 2

Table 3. Details of three major injury patterns.

	Age (years)	Height (m)	Body weight (kg)	BMI (kg/m ²)	KL grade: 0/1/2/3/4 (knees)	Root tear: 1/2/3/4/5 (knees)
Descend	64.6 ± 7.7	1.56 ± 0.09	63.1 ± 14.1	25.8 ± 3.9	0/13/17/7/1	0/31/1/6/0
Walk	66.2 ± 8.2	1.56 ± 0.08	66.9 ± 20.4	27.3 ± 6.2	0/7/10/1/0	3/14/0/1/0
Squat	61.8 ± 15.7	1.55 ± 0.08	64.5 ± 16.4	26.5 ± 5.5	0/4/7/2/0	0/12/0/1/0
P value	0.486	0.919	0.741	0.600	0.874	0.129

BMI, body mass index. KL, Kellgren-Lawrence. Data of age, height, body weight, and BMI are displayed as a mean ± standard deviation.

Table 3

Table 4. Injury patterns and Kellgren-Lawrence grade of the knees.

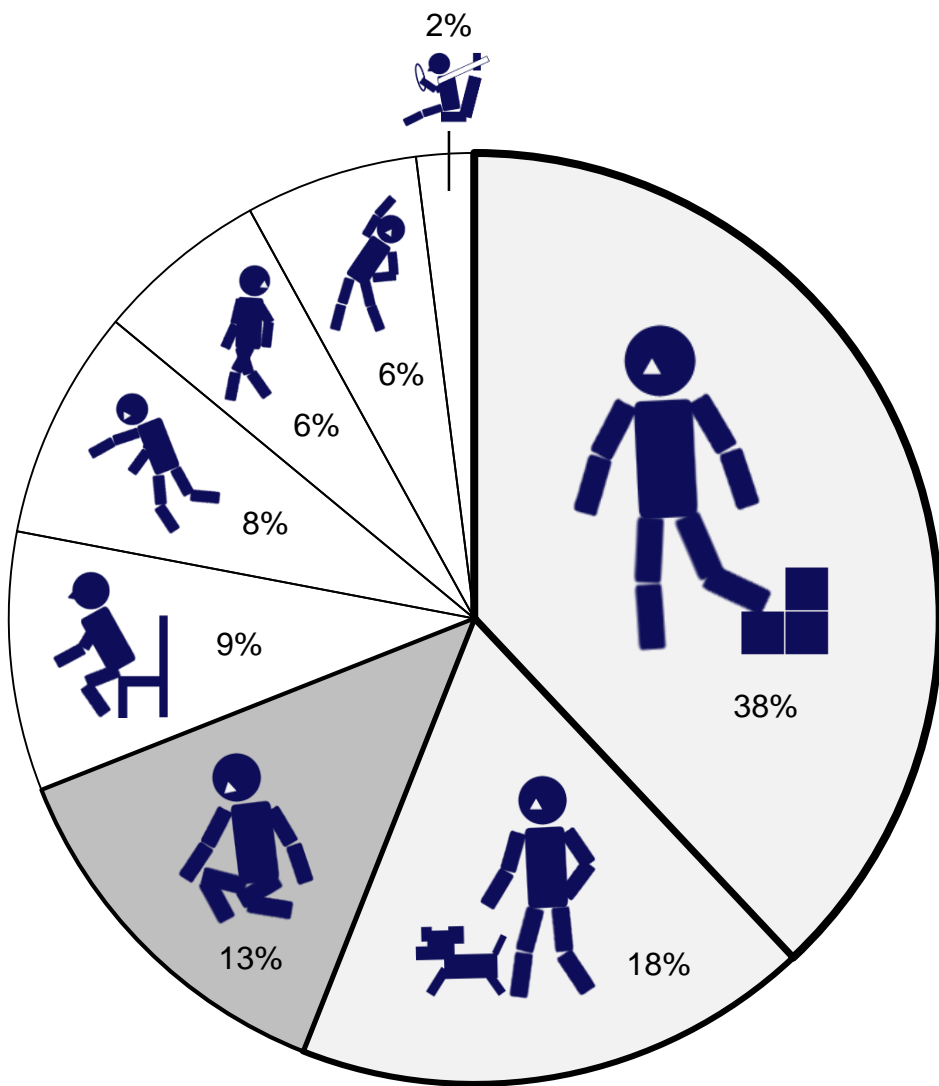
Grade	Descend (knees)	Walk (knees)	Squat (knees)	Stand up (knees)	Fall down (knees)	Twist (knees)	Exercise (knees)	Accident (knees)	Total (knees)
0	0	0	0	0	0	0	0	0	0
1	13	7	4	1	2	1	2	1	31
2	17	10	7	6	4	3	3	0	50
3	7	1	2	2	2	0	1	1	16
4	1	0	0	0	0	2	0	0	3

Table 4

Table 5. Injury patterns and meniscal root tear classification.

Type	Descend (knees)	Walk (knees)	Squat (knees)	Stand up (knees)	Fall down (knees)	Twist (knees)	Exercise (knees)	Accident (knees)	Total (knees)
1	0	3	0	1	1	0	1	1	7
2	31	14	12	7	5	6	4	1	80
3	1	0	0	0	0	0	0	0	1
4	6	1	1	1	2	0	1	0	12
5	0	0	0	0	0	0	0	0	0

Table 5



Figure