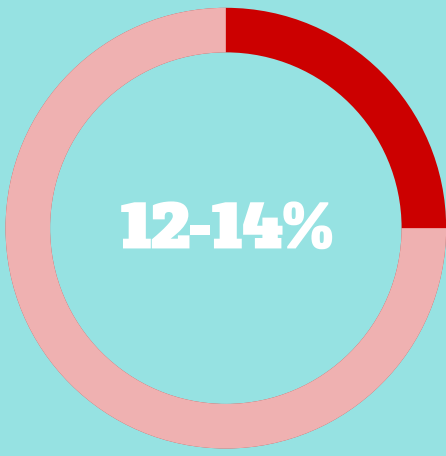
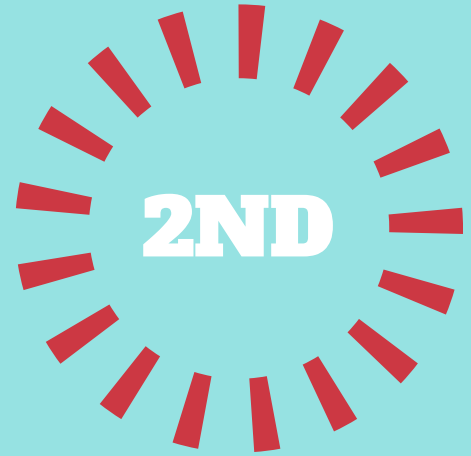


# Knee Pain and Mobility Impairments

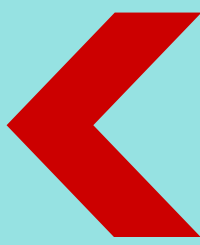
## Meniscal and Articular Cartilage Lesions



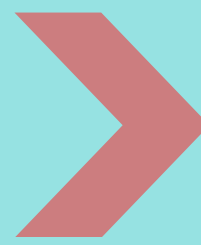
**INCIDENCE RATE OF MENISCAL INJURIES**



**MOST COMMON KNEE INJURY**



## Risk Factors



### MENISCUS

- Age
- Time from initial injury
- High intensity athlete
- ACL surgery - Knee laxity

### ARTICULAR CARTILAGE

- Age
- Presence of meniscal tear
- Time from initial injury



### Who is your patient?

- Pain
- Mobility
- Effusion



### What measures should I take?



General Health Form and Activity Scale...

**IT'S ALL ABOUT FUNCTION!**

## TREATMENT TIPS

NMES



Safely load muscles for strength without damaging tissues

## STRENGTH TRAINING/ FUNCTIONAL EXERCISE



- Quad/hamstring strength
- Endurance
- Functional Performance

## 5 Most Influential Articles

1. Roos EM, Roos HP. Knee Injury and Osteoarthritis Outcome Score (KOOS)- Development of a Self-Administered Outcome Measure. *Journal of Orthopaedic & Sports Physical Therapy* . 1998;28(2):88-96. doi:10.2519/jospt.1998.28.2.88.
2. Curl, W. W., Krome, J., Gordon, E. S., Rushing, J., Smith, B. P., & Poehling, G. G. (1997). Cartilage injuries: a review of 31,516 knee arthroscopies. *Arthroscopy: The Journal of Arthroscopic & Related Surgery*, 13(4), 456-460.
3. Buckwalter, J. A. (1998). Articular cartilage: injuries and potential for healing. *Journal of Orthopaedic & Sports Physical Therapy*, 28(4), 192-202.
4. Browne, J. E., & Branch, T. P. (2000). Surgical alternatives for treatment of articular cartilage lesions. *Journal of the American Academy of Orthopaedic Surgeons*, 8(3), 180-189.
5. Lewis, P. B., McCarty III, L. P., Kang, R. W., & Cole, B. J. (2006). Basic science and treatment options for articular cartilage injuries. *Journal of Orthopaedic & Sports Physical Therapy*, 36(10), 717-727.

## Influential Clinicians

- **Lynn Snyder Mackler, PT, ATC, SCS, ScD Professor**
- Has 105 publications to date
- One of the authors of the selected CPG
- Involved in several professional organizations/societies
- Current research focus on the ACL Deficient Knee: MRI and Biomechanical Modeling
- Professor at University of Delaware
- Research has been concentrated on topics regarding the knee



### **Kevin Wilk, PT, DPT, FAPTA**

- Been a PT for 31 years
- Director of Rehabilitative Research at the American Sports Medicine Institute in Birmingham
- Rehab Consultant for the Tampa Bay Rays
- Has published over 165 journal articles to date
- Over 105 book chapters
- Has lectured at over 750 professional and scientific meetings
- On the review board for 9 journals
- He has edited 8 textbooks
- Received the Ron Peyton Award for career achievement from the Sports Physical Therapy Section of the APTA

