

The Sporting Knee - An MDT Approach

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Considerations for the GP



- What general points are important for the GP to consider ?
 - History: What was the injury Mechanism
 - Considerations: Age, Gender, Participation Level, Previous History, Expectation
 - Examination: Swelling, ROM, Stability, Tenderness
 - Plan: Physiotherapy, MRI?, Orthopaedic Opinion, Both!

How Does the Physiotherapist add Value Pre-Operatively?

Acutely :

- Swelling Management
- Assistive Devices
- Maintenance of ROM
- Restoration of Extension
- Preservation of Muscle Function
- Gait Restoration
- Coaching / Managing of Expectations, Anxiety Reduction

Sub-Acutely:

- Prehabilitation
- Full Restoration of Extension where possible
- Gym based Muscle Strengthening
- Establishing of baselines
- Neuromuscular re-training
- Conditioning
- Discuss the Journey!

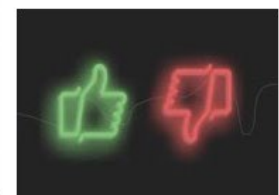
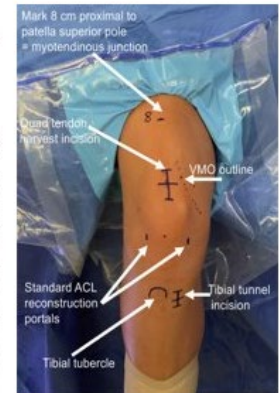
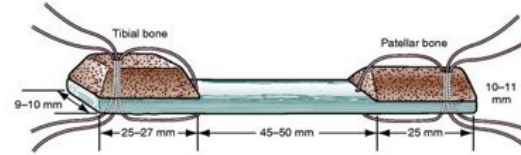
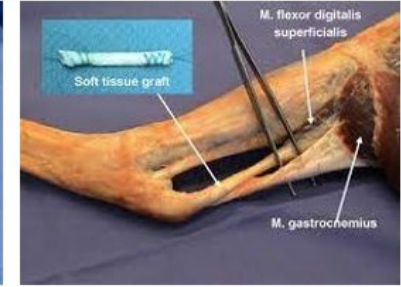
Surgical Considerations in the Sporting Knee

- Age
- Gender
- Type & Level of sport
- Associated Injuries
 - Meniscal (repair if possible)
 - Chondral
 - Collateral ligaments
- Timing of surgery and Prehab



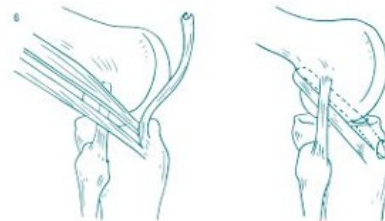
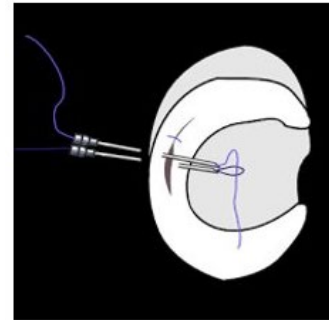
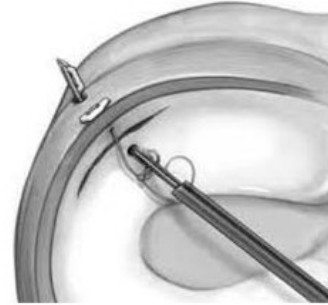
Surgical Considerations in ACL injury Management

- Graft Choices
 - Hamstring (ST + G)
 - Bone-Patellar Tendon-Bone (B-T-B)
 - Quads tendon
 - Allograft
 - Synthetic
- Pro's & Con's for each
- Time to Return to Play



Adjunct Procedures with ACL Repair

- Meniscal fixation
 - All-inside
 - Inside-out
 - Outside-in
- ALL reconstruction
- Lateral Extra-articular Tenodesis
 - Modified Lemaire
 - Antwerp Monoloop



Physiotherapy Return to Play / Post-Operative Goals

- “When can I go back?””When you tick the boxes!”
 - Full Range
 - Isokinetic Strength @ >90% of uninjured side
 - LSI on Functional testing > 90% of uninjured side – Reactive Strength
 - Adequate Movement Patterns / Landing Mechanics
 - Psychological Readiness – Confidence / Reduced Anxiety
 - On Field Rehab / Sports Specific Program Complete
 - Cardiovascular Fitness
- Remain Objective, move away from time based return to play

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Thank You