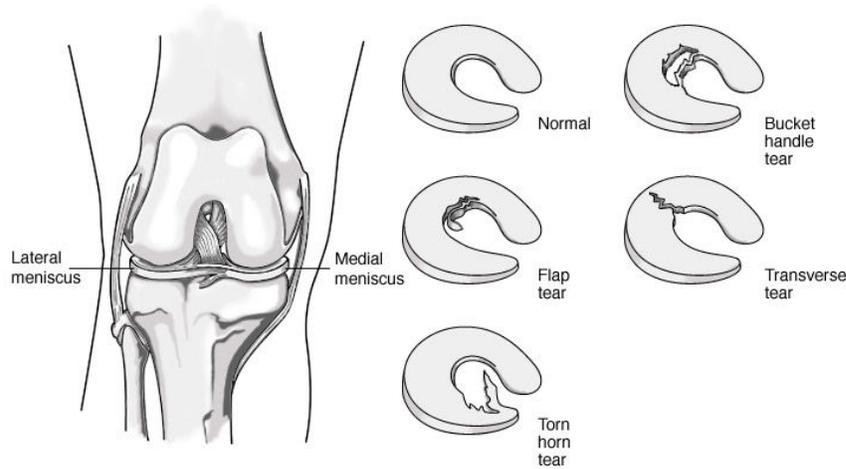


Meniscus Tear/Repair

The meniscus is responsible for an increase in surface contact between the bones of the knee, acting as shock absorbers. The knee joint has two crescent-shaped cartilage menisci that lie on the inner and outer edges of the upper surface of the tibia bone. Severity of injury depends on the age of the individual, prior injury, and current activities. Meniscus tears are now treated with arthroscopic surgery. Recovery can require three to four months of rehabilitation depending on whether a meniscectomy or meniscus repair was performed.

- Anatomy



- Mechanism of Injury

- A severe, or excessive twist in the knee with the foot planted
- Degenerative changes to the joint
- Overuse, or improper mechanics during exercise

- Treatment

- Manual Therapy to the knee and surrounding musculature.
- Joint Mobilizations in the knee joint to increase range of motion.
- Posture/Body Mechanics
- Therapeutic Exercise/Pilates focused on quadriceps and hamstring strengthening, patellar tracking, and VMO muscle re-education.
- Ultrasound
- Ice and Electric Muscle Stimulation applied to the knee
- Home Exercise Program designed to continue lower extremity stretching and strengthening at home