

CLINICAL COMMENTARY

FUNCTIONAL REHABILITATION AFTER MEDIAL MENISCUS REPAIR IN A HIGH SCHOOL FOOTBALL QUARTERBACK: A CASE REPORT

Patrick Pabian, DPT, SCS^a

William J. Hanney, DPT, ATC^a

ABSTRACT

Background. Rehabilitation guidelines and functional progression of isolated medial meniscus repair is not well documented in the literature. Due to the importance of the knee menisci, surgical repair of these structures has been very common. Physical therapists need to be aware of the imposed precautions and proper progression of patients post meniscus repair surgery.

Objectives. The objective of this case study is to describe rehabilitation guidelines, functional progression, and functional outcomes for a high school football player status post medial meniscus repair.

Case Description. The rehabilitation approach started with an early protection phase, followed by progressive neuromuscular training, then aggressive functional rehabilitation utilizing functional tests and measures to gauge return to play. Data collected for this case included joint range of motion, joint effusion, neuromuscular facilitation, isokinetic strength, and functional test scores.

Outcomes. This patient was able to return to full level of participation in 140 days (20 weeks), and was without re-injury 10 months after surgery.

Discussion. The rehabilitation approach of meniscus repair described in this case study may provide guidelines in clinical decision making for a safe return to competitive athletics.

Key Words. knee, meniscus, repair

CORRESPONDENCE:

William J. Hanney
University of Central Florida
Department of Health Professions
4000 Central Florida Blvd.
Orlando, FL 32816-2205
e-mail: whanney@mail.ucf.edu

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Margaret M. Nonnemacher
Assistant Director of Transitional
Doctor of Physical Therapy Program
Associate Professor
University of St. Augustine for
Health Sciences

^a University of Central Florida
Department of Health Professions