

Physical Therapy for the Knee

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Physical Therapy Diagnosis

- Pain generator
 - What structure is causing the pain?
- Underlying dysfunction
 - How did we end up with this injury?

Pain Generator

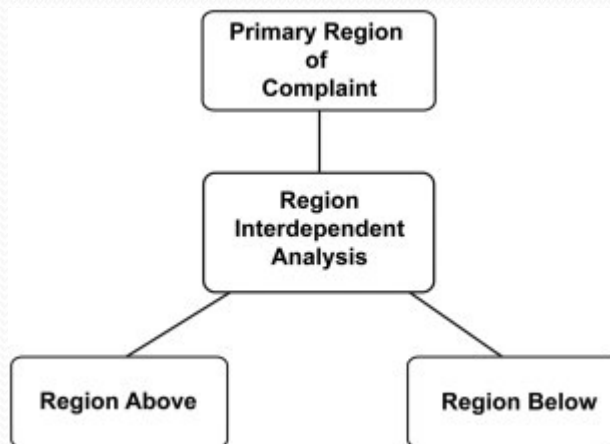
- Possible culprits
 - Bone
 - Muscle
 - Cartilage
 - Ligament
 - Nerve
 - Something else?



Movement Impairment Syndrome¹

- Progressive condition
- Microtrauma
- Hypermobile vs. Hypomobile
- Path of least resistance
- Neuromuskuloskeletal adaptations
- Includes multiple body regions

Regional Interdependence²



Regional Interdependence of the Knee

- Primary concerns²
 - Hip
 - Knee
 - Ankle
- Research³
 - Subjective outcomes
 - Objective outcomes



Tissue Specific Treatment

- Tendon
- Cartilage
- Muscle
- Nerve



Active vs. Passive Treatments

- Therapeutic exercise^{4,5}
- Neuromuscular re-education
- Psychological re-education⁶
- Manual therapies
- Modalities
- Education

Functional Training⁷



Early Intervention⁸

- Sports medicine model
 - Early
 - Aggressive
 - Functional
- Benefits
 - Physical
 - Psychological
 - Monetary



References

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