

Learning Objectives & Program Schedule

MedBridge Education
Meniscal Challenges and Concepts for Rehabilitation
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Upon completion of this course, the online learner will be able to:

Chapter 1: Anatomy and Basic Biomechanics of the Knee

1. Identify key anatomy of the medial and lateral menisci
2. Describe the functions of the menisci
3. Describe load transmission and its effect on biomechanics of the menisci

Chapter 2: Basic Evaluation Concepts

1. Perform the appropriate evaluative tests to assess patients for meniscus tear
2. Describe the effectiveness of various tests for meniscus tear

Chapter 3: Surgical Approaches

1. Identify the different patterns of meniscal injuries, including vertical longitudinal, oblique, horizontal cleavage, radial, and degenerative.
2. Explain the basics of a partial meniscectomy surgery as it relates to rehabilitation.
3. Explain the basics of a total meniscectomy surgery as it relates to rehabilitation.
4. Compare and contrast the benefits and reasoning behind partial and total meniscectomy surgeries.

Chapter 4: Rehabilitation of Partial Meniscectomy

1. Describe the early post-operative period after partial meniscectomy.
2. Identify which physical activities should be avoided in the rehabilitation phases following partial meniscectomy.
3. Compare open versus closed chain exercises and their significance in the rehabilitation period.

Chapter 5: Meniscal Repair Surgery and Rehabilitation

1. Describe meniscal repair surgical techniques
2. Outline general rules for rehabilitation following meniscal repair surgery
3. Design a rehabilitation program for weeks 0 through 24 following meniscal repair surgery
4. Describe the use of allografts in meniscus repair

Chapter 6: Cases and Conclusion

1. Describe rehabilitation concepts and discuss case studies regarding meniscus injury and repair