Knee Pain and Mobility Impairments

Meniscal and Articular Cartilage Lesions

- **Incidence Rate of Meniscal Injuries**: 12-14%

- **2nd Most Common Knee Injury**

**Risk Factors**

**Meniscus**
- Age
- Time from initial injury
- High intensity athlete
- ACL surgery - Knee laxity

**Articular Cartilage**
- Age
- Presence of meniscal tear
- Time from initial injury

**Who is your patient?**
- Pain
- Mobility
- Effusion

**What measures should I take?**

General Health Form and Activity Scale...

**IT’S ALL ABOUT FUNCTION!**

**TREATMENT TIPS**

- **NMES**: Safely load muscles for strength without damaging tissues

- **Strength Training/Functional Exercise**:
  - Quad/hamstring strength
  - Endurance
  - Functional Performance

5 Most Influential Articles


Influential Clinicians

- **Lynn Snyder Mackler, PT, ATC, SCS, ScD Professor**
  - Has 105 publications to date
  - One of the authors of the selected CPG
  - Involved in several professional organizations/societies
  - Current research focus on the ACL Deficient Knee: MRI and Biomechanical Modeling
  - Professor at University of Delaware
  - Research has been concentrated on topics regarding the knee

**Kevin Wilk, PT, DPT, FAPTA**
- Been a PT for 31 years
- Director of Rehabilitative Research at the American Sports Medicine Institute in Birmingham
- Rehab Consultant for the Tampa Bay Rays
- Has published over 165 journal articles to date
- Over 105 book chapters
- Has lectured at over 750 professional and scientific meetings
- On the review board for 9 journals
- He has edited 8 textbooks
- Received the Ron Peyton Award for career achievement from the Sports Physical Therapy Section of the APTA