

Soft Tissue Knee Injuries

Diagnosis and Treatment



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Presented by

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www.KneeDoc.uk

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Adolescent and young adult knee problems

Cartilage injury

Meniscal Injury

Cruciate (ACL and PCL) injury

Collateral ligament injury (MCL, LCL, PLC)

Multiligament injury

Knee preservation Surgery

Osteotomy

Patellofemoral Joint Problems

Sport injuries

Knee injury prevention

Knee replacement



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Aims

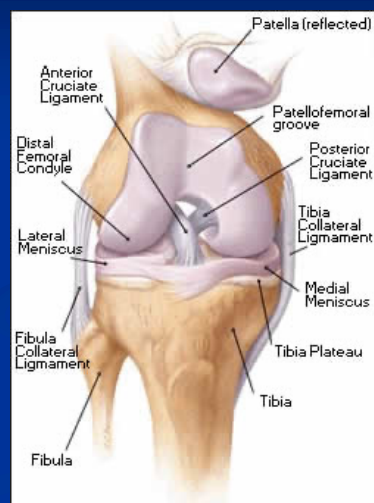
- ◆ Soft Tissue Knee Injuries
- ◆ Diagnosis and Examination
- ◆ Management

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Diagnostic Value

- History - 75%
- Examination - 20%
- Imaging - 5%
(XR, USS, MRI)

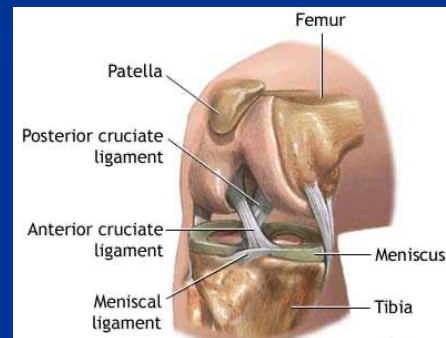


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History for soft tissue knee

- Mechanism!
- Age
- PMH (VTE)
- Previous knee injury?
- Smoker?
- Expectations?
- Any treatment so far? (Who)

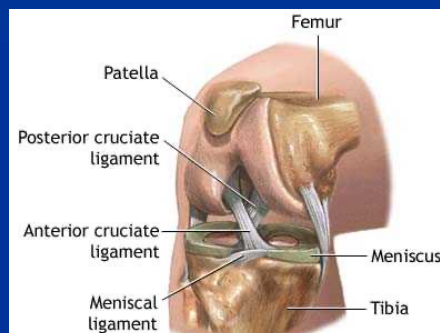


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Knee Examination

- Exposure
- Look
- Feel
- Move
- Special Tests



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Exposure

- Make sure that both knees are fully exposed.
- Rolled up trouser legs generally does not provide adequate exposure.
- Shoes off, shorts

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Look

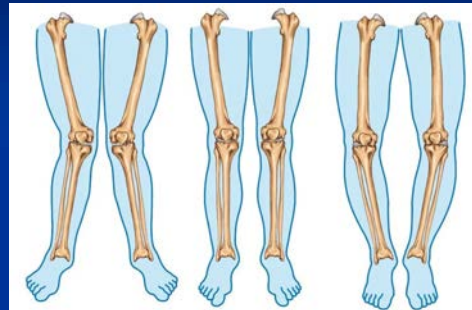
- Walking aid, braces
- Alignment of knees
- Gait
- Dynamic control



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Alignment

- ◆ Varus - Valgus
- ◆ Rotation
- ◆ Hip, ankle, torsion



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Dynamic Control

- ◆ Squat
- ◆ Lunges
- ◆ Jump



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Look

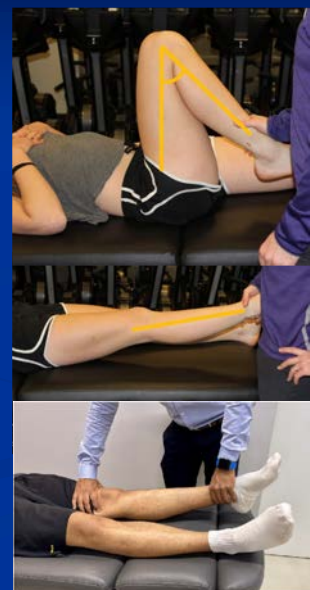
- ◆ Scars, infection
- ◆ Swelling
- ◆ Bruising
- ◆ Deformity



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Feel & Move

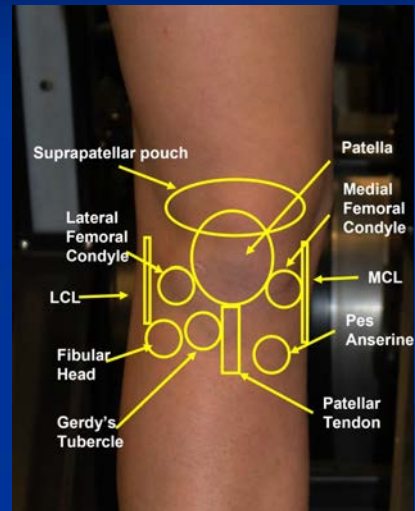
- ◆ Extension
- ◆ Hyperextension
- ◆ Compare both knees
- ◆ Flexion
- ◆ SLR



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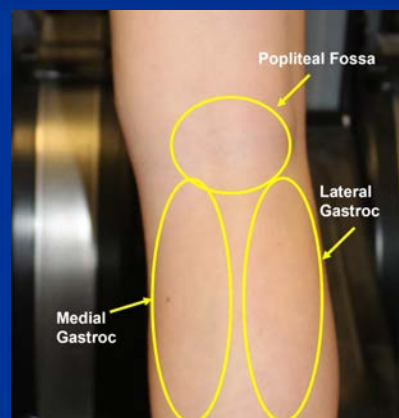
Feel & Move

- ◆ Effusion
- ◆ Temperature
- ◆ Tenderness
- ◆ Systematic



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Feel & Move



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Ligaments



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Ligaments



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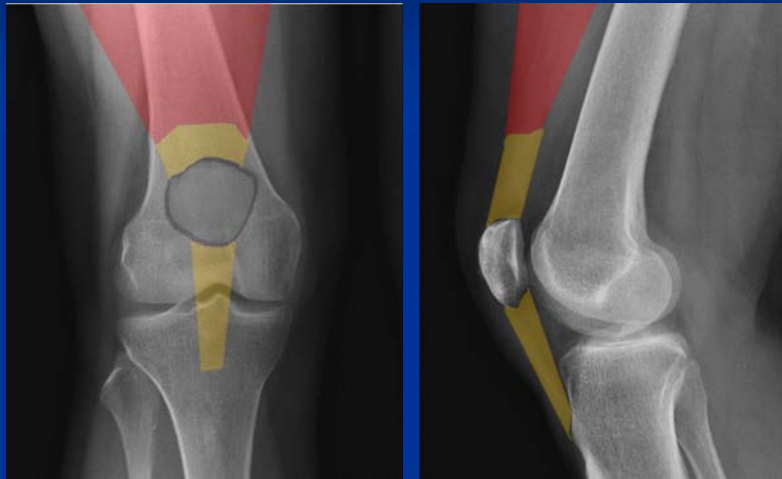
Ligaments

- ◆ PCL
- ◆ Post sag/drawer
- ◆ Dial test
- ◆ Quads active



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Extensor Mechanism



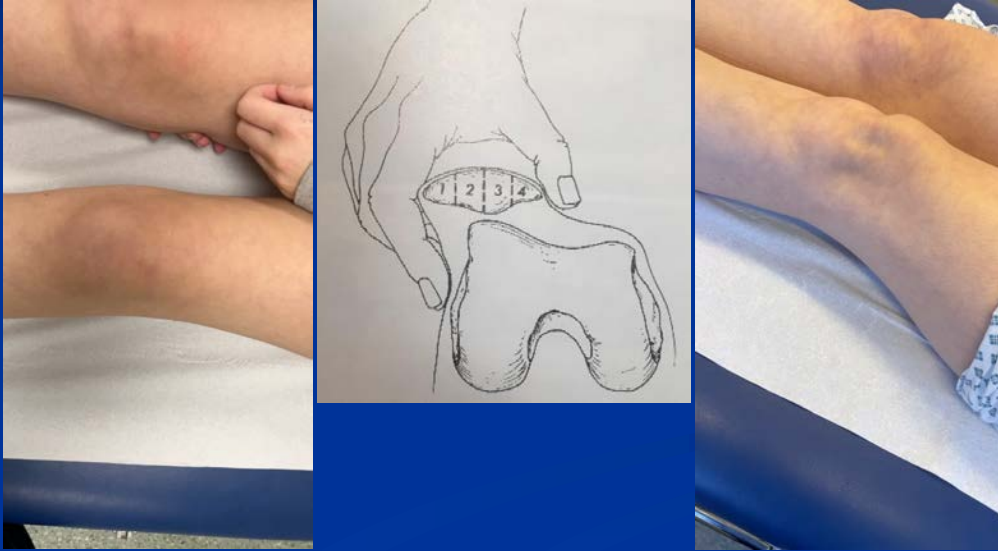
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Special tests

- ◆ Many described
- ◆ Patella
- ◆ Meniscal provoking
- ◆ ITB

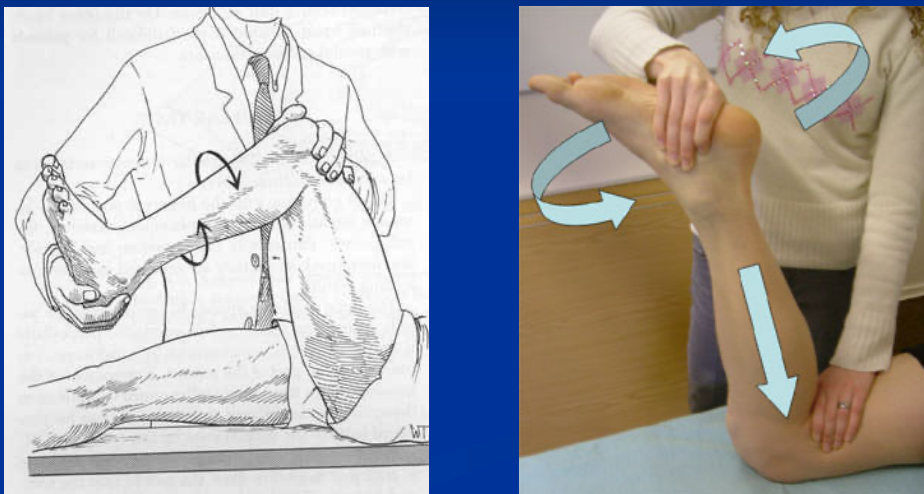
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Patella



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Meniscus



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Finish

- Hip exam!
- NV status
- Rotational profile

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Soft Tissue Injury

- ◆ Mechanism
- ◆ Multiligament
- ◆ Locked knee
- ◆ NWB, SLR
- ◆ Lipohaemarthrosis
- ◆ Segond's fracture



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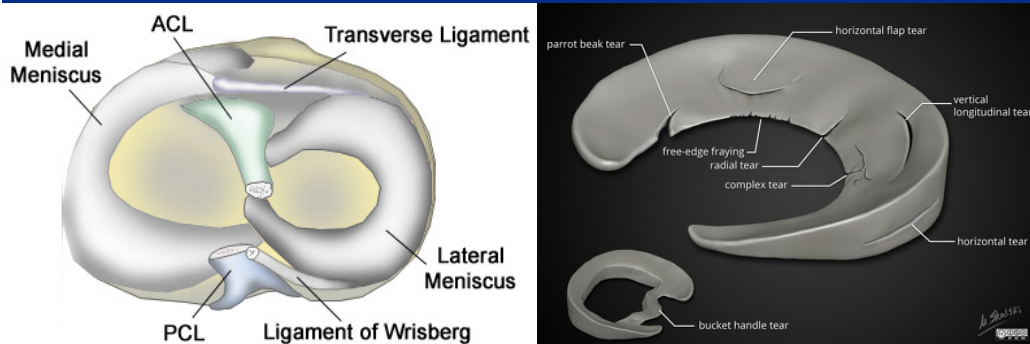
When to refer

- Unable to weight bear
- Unable to Straight Leg Raise
- Dangerous mechanism
- Locked knee (unable to fully extend knee)
- Mechanical symptoms, locking, giving way
- Ongoing instability and swelling

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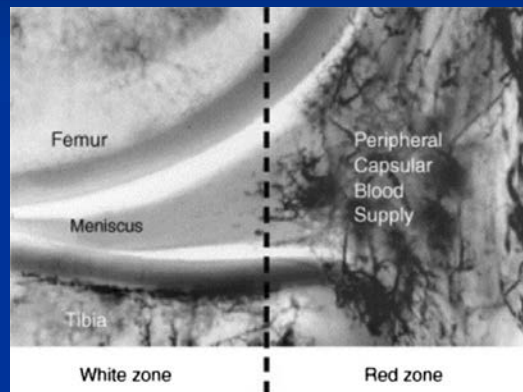
Meniscal Injury



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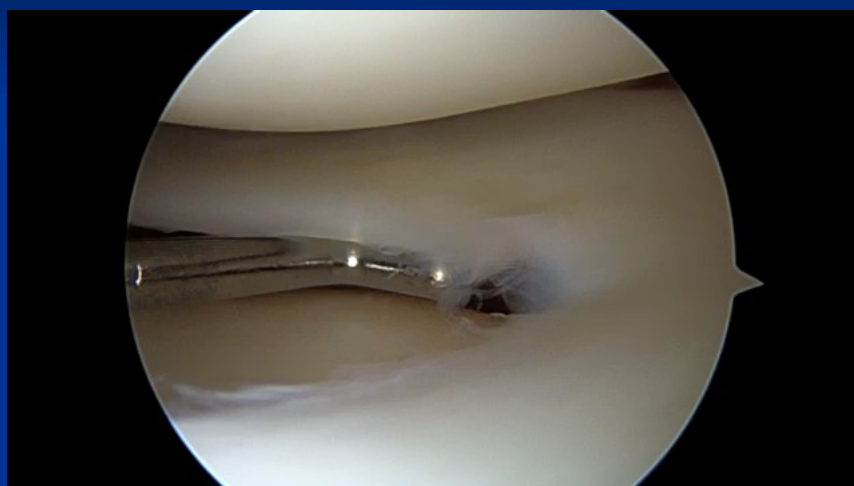
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Meniscal Injury



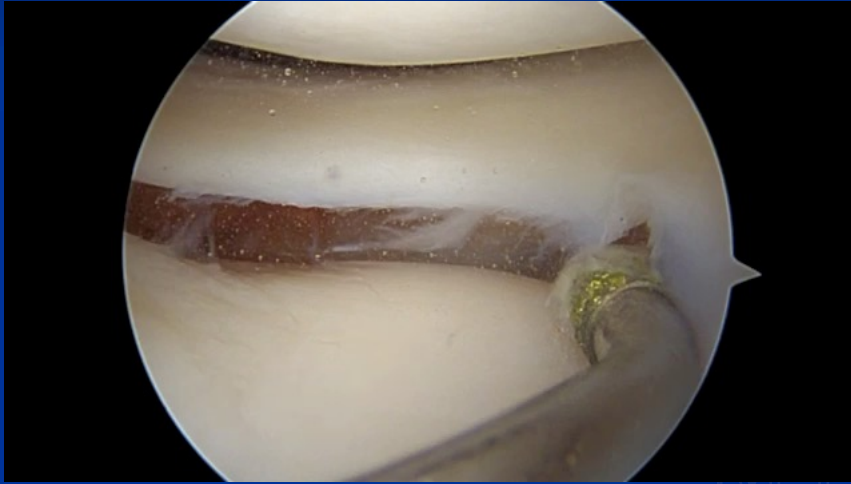
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Meniscal Repair



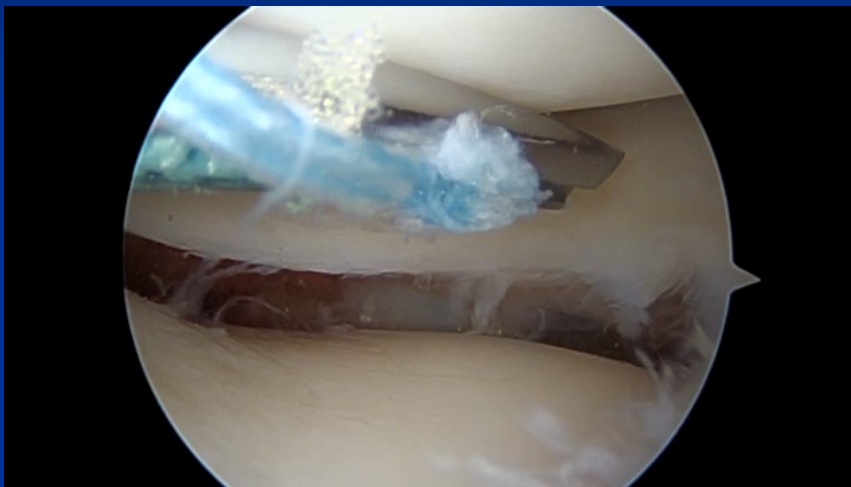
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Meniscal Repair



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Meniscal Repair



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Meniscus BH



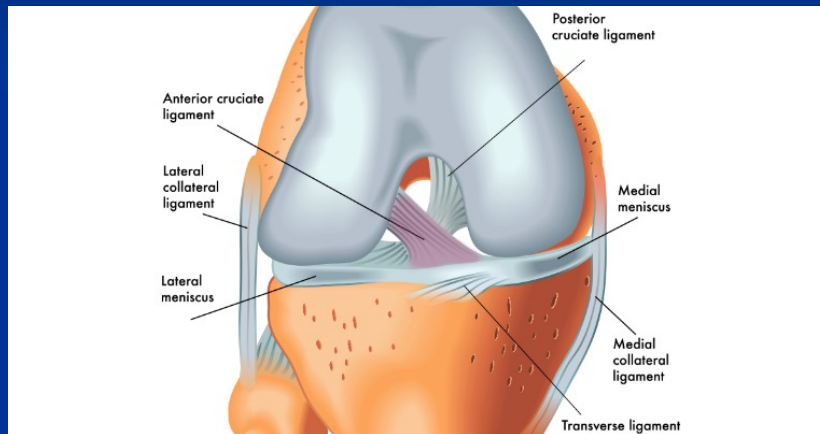
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Meniscus Resection or Repair



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ACL



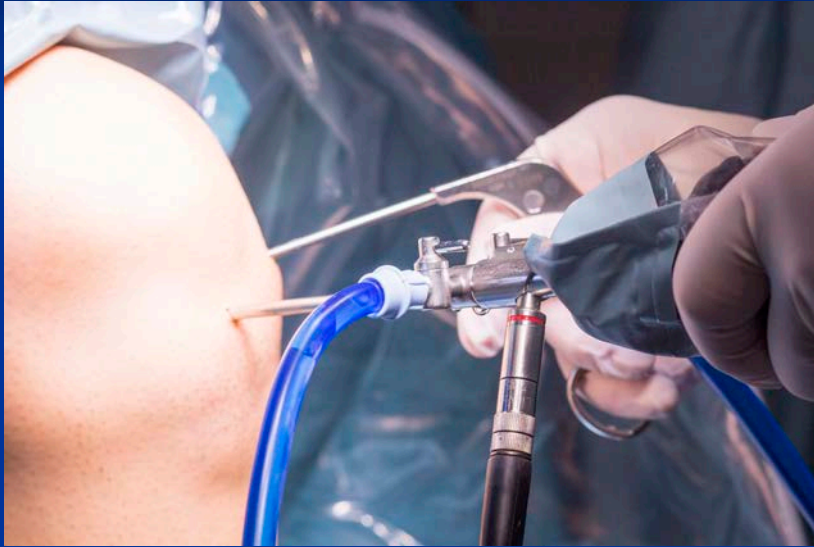
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ACL



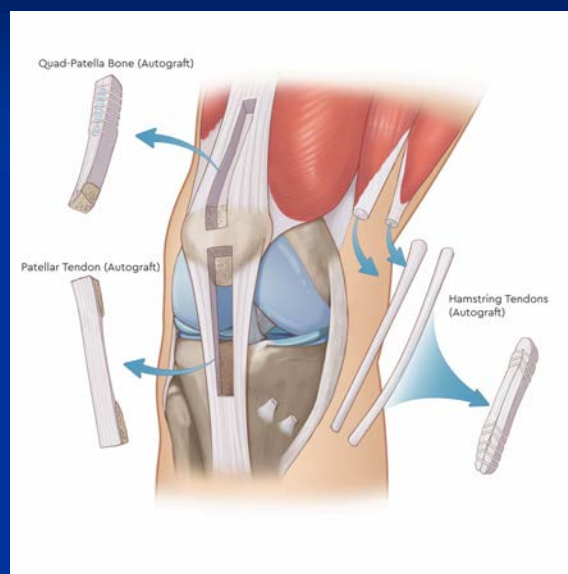
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ACL Management



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ACL Grafts



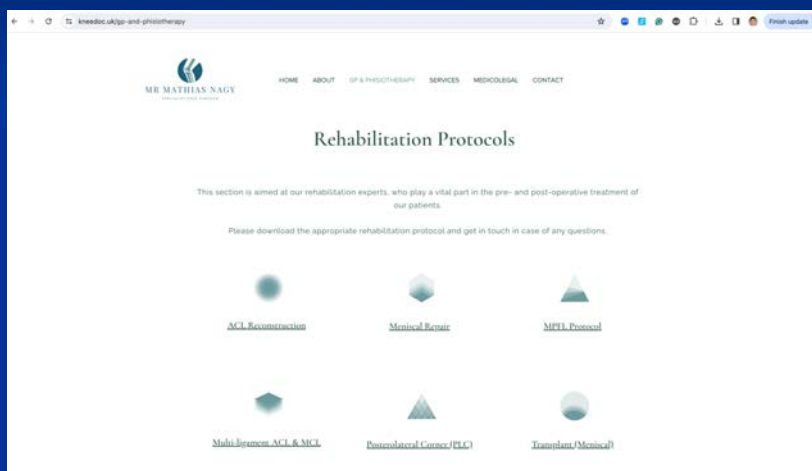
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ACL add on Lemaire



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Rehabilitation



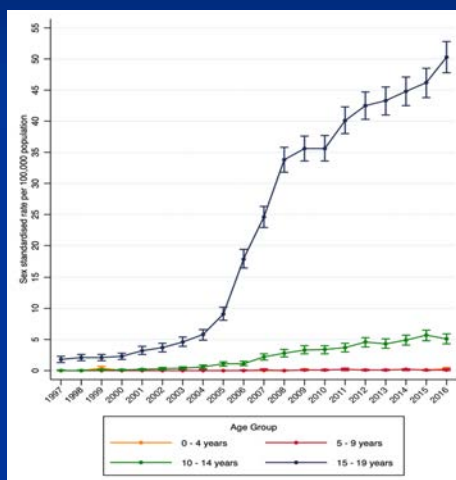
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ACL Prevention



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ACL Prevention



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ACL Prevention

- ◆ Various prevention programmes for elite pro and amateur athletes
- ◆ 60-70% reduction in ACL injuries

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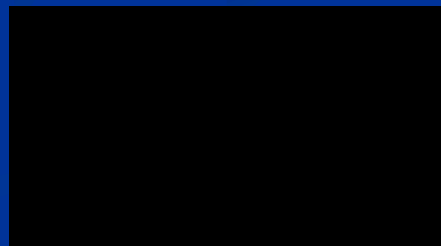
ACL Prevention



www.globalconnectcharity.com



www.tanzakindness.com



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PCL

- ◆ Isolated / ML
- ◆ Dashboard injury
- ◆ Non-operative
- ◆ Operative
- ◆ PFJ overload



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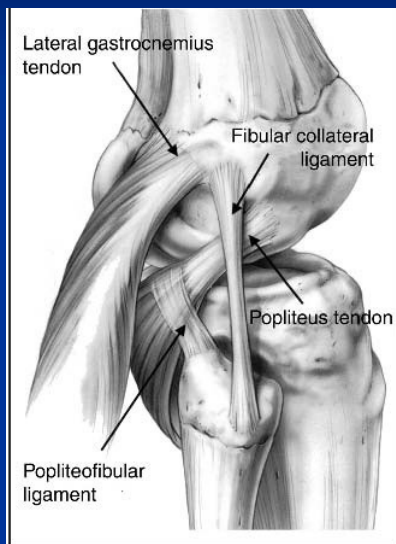
MCL

- ◆ Very common
- ◆ Superficial MCL
- ◆ Non-operative
- ◆ Early bracing
- ◆ Operative



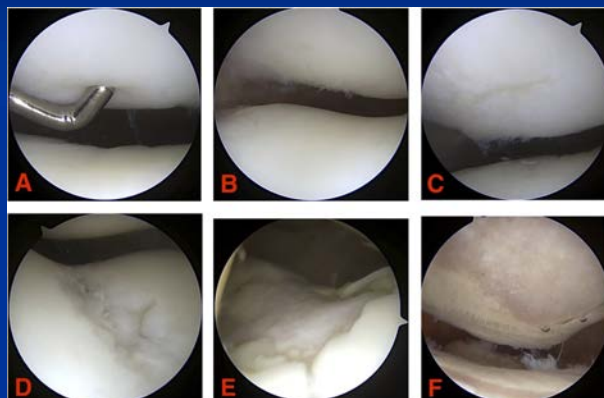
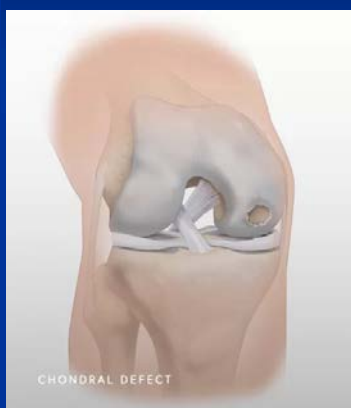
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PLC



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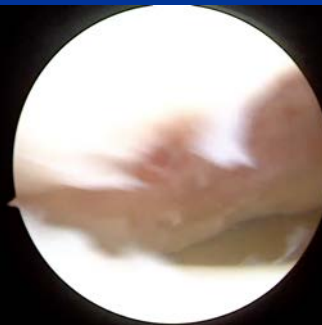
Chondral Injuries



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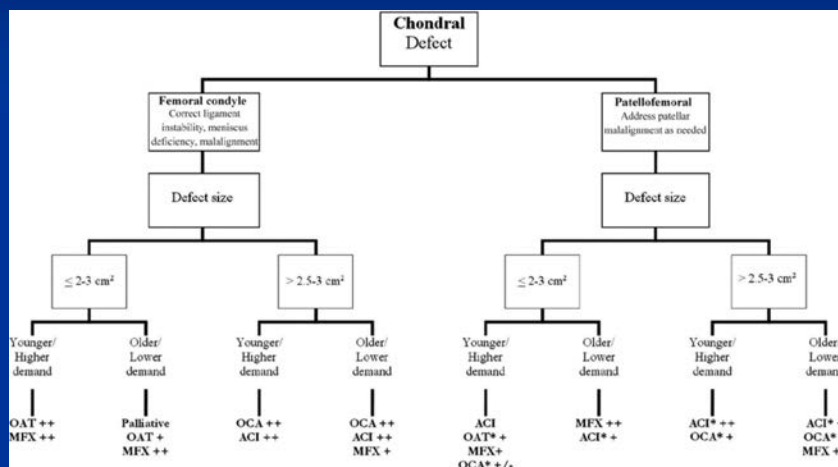
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Chondral Injuries

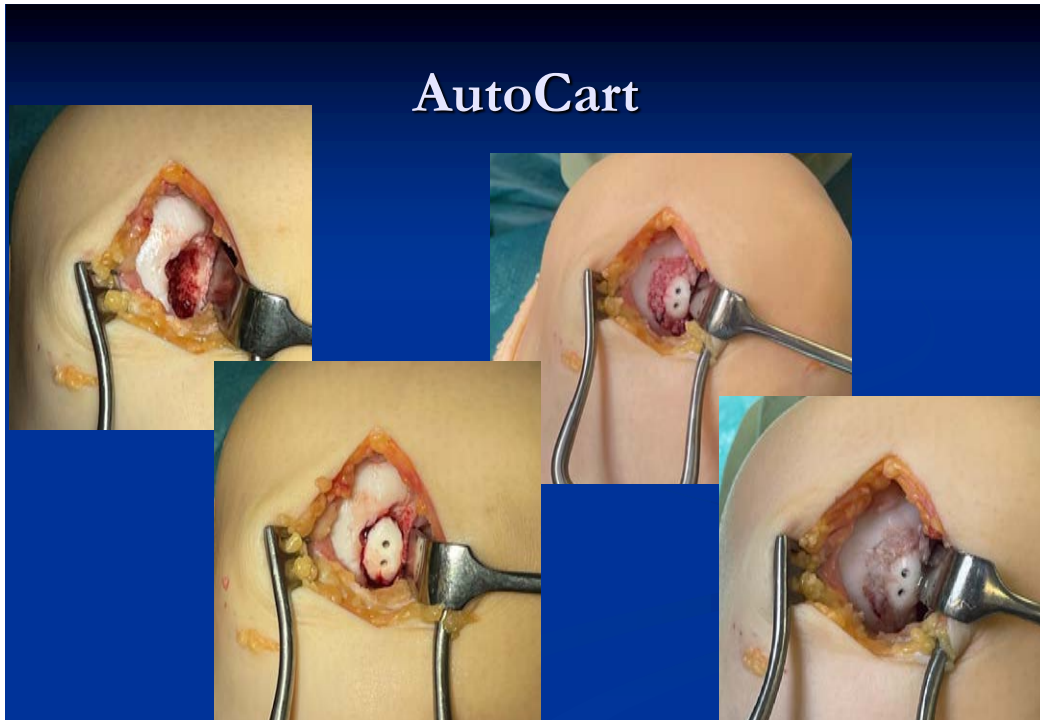


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Chondral Injuries



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PRP Injections

- ◆ Biologic injection
- ◆ Sport injuries
- ◆ Early OA
- ◆ Funding issues



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QUESTIONS



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