Meniscal lesions and isokinetic evaluation: About 8 cases


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Keywords: Isokinetic evaluation; Meniscal lesions

Background.– Many teams have used for isokinetic assessment of muscle balance knee. The meniscal lesions are an extremely common condition.

Objective.– To determine the contribution of isokinetic in meniscal pathology.

Methods.– This is a retrospective study from January 2013 to June 2013 on eight patients with meniscal injury confirmed by MRI, and in which was performed isokinetic evaluation to guide therapeutic management.

Results.– It is 8 patients followed for meniscal lesions, with male predominance (62.5%), the average age is 33 years. The isokinetic evaluation disclosed a deficit of the quadriceps (Q)/hamstrings muscles on the affected side with an average deficit Q 27.88% and an average deficit of IJ 15.82%. All patients underwent conventional functional rehabilitation with 4 patients isokinetic rehabilitation in plus. On noted the improvement of our patients at the end of the rehabilitative PEC.

Discussion.– The isokinetic protocols are a useful complement to traditional methods of assessment and rehabilitation used in pathology of the knee.

Further reading

http://dx.doi.org/10.1016/j.rehab.2014.03.990

Isokinetic profile in the pathologies of the knee: Experience of physical medicine of Casablanca

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Keywords: Evaluation; Isokinetic; Knee

Introduction.– The isokinetic dynamometers are widely used in joint and muscle pathology.

Objective.– To report the experience of our service in terms of isokinetic knee.

Methods.– This is a retrospective study of 10 months on 28 patients treated in our department for knee pathology, and in which was performed isokinetic evaluation to guide therapeutic management.

Results.– There was a male predominance (68%), the average age was 34.06 years, 32% had a meniscal lesion, 21% had osteoarthritis, 18% a patellofemoral syndrome, 14% a ligament, 11% a sprained knee and a 4% chondropathy. The isokinetic evaluation disclosed a deficit of the quadriceps muscle/hamstrings on the affected side with an average deficit of Q 18.16% and an average deficit of IJ 15.82%. All patients underwent a standard physical therapy with 13 patients isokinetic rehabilitation in plus. We noted the improvement of our patients at the end of the rehabilitative PEC.

Discussion/conclusion.– The new method is an isokinetic evaluation and rehabilitation especially for knee pathology.

Further reading

http://dx.doi.org/10.1016/j.rehab.2014.03.991