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Educational Abstract

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Rehabilitation Of Post Partial Meniscal Tear Non Operative: A Case Report

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Learning Objectives: To know conservative therapy on a patient post partial meniscal tear in order to optimize the functional activities. Case report, pre and post interventional. Subject from Rehabilitation Outpatient Clinic Tadjuddin Chalid National Hospital, South Celebes, Indonesia.

Background: Many musculoskeletal injury that we found in Outpatients Rehabilitation Clinic, especially for meniscal injury makes disability in patient Activity Daily Living (ADL) and occupational.

Finding and Procedure Details: Patient (Male) 43 years old came to Rehabilitation Outpatient Clinic in June 2018 with chief complaint knee pain and not flexible aggravating since 1 month ago. He can not do proper praying movements, squatting, smooth upstairing, and long walk. History of sport injury at 3 months before came in clinic. He routine doing volley ball once a week, after smash, he landed with pivot position and knee extension. From physical examination we found VAS 4-6, edema, flexion (-5°)-(130°). On MSK Sonography, we found minimal disruption of Right Medial Meniscal, thickening of Right MCL and ACL. We treat with High Intensity Laser (BTL®), total doses 80 J/25 cm² biostimulation. Three times per week in 4 weeks and 30 minutes bicycle 5 times per week as a home program.

Conclusion: Improvement in pain, flexibility, edema, hypotonus, locking knee. On MSK Sonography was improving on MCL and ACL thickening was release, hypoechoic was negative. Further research is expected to give better treatment and short period to recover with getting rehabilitation and prevent sport injury.