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On the Rehabilitation after the Knee Injury with Cybex Machine (2)

By *Katsuhide Ando**

The knee injury happens not only to the regular sports players but to ordinary people. Accidents occur most frequently during recreational sport hours.

This is why I have made the report on the recoveries of the middle and senior age people that had been injured while enjoying the recreational sports. I am going to account how they proceeded in their rehabilitation with the use of Cybex Machine.

With Cybex Machine, the 10 R.P.M. and 30 R.P.M. of each Quadriceps and Hamstring of the knee are measured in order to get the scores of the injured part and the normal side. By comparing these 2 scores, we went through the rehabilitation program. This time again, the 10 R.P.M. of Quadriceps became the object of estimation.

The study was made with the 19 cases of injury in San Jose, California in U.S.A. There were 14 men from ages 16 to 51 and 5 women. There were 9 cases of the injured ligaments and 10 cases of meniscus injury.

As a result, it is discovered that one can go back to the normal life about 20 weeks after the operation for the injured ligaments, and after 8 weeks for meniscus injury. But to participate even in recreational sports, one needs 90% or more Cybex Machine score of the healthy side.

According to Cybex test, muscle strength recovery comes sooner to Hamstring than to Quadriceps. While if for some reason, rehabilitation program stops, Hamstring muscle strength deteriorates much more quickly than the other one.

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