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# On the Rehabilitation after the Knee Injury with Cybex Machine ( 3 )

By *Katsuhide Ando*\*

It is commonly said that over 80% cases of knee A.C.L. injury are accompanied by medial meniscus injuries.

The present report deals with two cases of old A.C.L. injury accompanied by a medial meniscus injury. In both cases, the medial meniscus injuries have been treated with an arthroscopic operation and a subsequent rehabilitation program. And a cybex test performed after the treatment has shown that the injury was restored by 75% as compared with the good knee.

In the case of simple medial meniscus injuries, i.e. those which are not accompanied by A.C.L. injuries, positive rehabilitation can be started at the early stage of the treatment. A cybex test has proved, as shown in the last report, that the injury can be restored by 80% in eight weeks after the operation.

In the case of medial meniscus injury accompanied by a A.C.L. injury, however, it is necessary to make an attempt to prevent a reinjury of the A.C.L. Thus from anatomic point of view we carried out isometric exercise keeping the knee bending slightly for strengthening the quadriceps. As for the strengthening of hamstring, we started isokinetic exercise positively at the early stage and obtained a successful result. In addition, the opposite way of exercise was turned out to be effective for P.C.L. injuries.

In summary, special attention should be payed on planning a rehabilitation program for a medial meniscus injury accompanied by a A.C.L. injury so as to prevent a reinjury of the A.C.L.

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