



CURRENT LANDMARKS IN THE ATHLETES' RECOVERY WITH MENISCO-LIGAMENTARY INJURIES

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For over 30 years the recovery and reeducation post - surgery protocols are being adapted to the progress made in the field of surgical techniques. The surgical revolution of the meniscal and ligament pathology, determined by the use of the arthroscope was followed by a new approach of the recovery of patients with meniscectomy with or without associated ligamentoplasty. From the theoretical point of view, the reeducation has to allow stimulations which would favor the reformation of the collagen fibres in the injured structures. In practice, though, the goal of the recovery process aims at a stable and functional knee, which allows the reintegration of the athlete in the training and competition activities as soon as possible, being known that the removal from the competitive activities has a negative impact all the more powerful if the inactivity is longer. The arthroscopy, through the minimal suffering inflicted, allows a much quicker resumption of activity compared to the classical meniscectomy. This was, actually, the major argument for using this surgical technique with performance athletes, and afterwards in major population. There are many recovery protocols. Some of them are conservatory (24, 69, 89), whilst others are extremely aggressive, accelerated (10, 219, 221). The general opinion tends towards an active reeducation with the fast and complete recovery of the extension (170, 175). All aim toward the same thing: the return of the athlete to the competition activity as soon as possible, without the risk of a recurrent injury.

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