

Instable post-traumatic knee evaluation

Rodica Gabriela Scarlet, Consuela Brailescu

“Carol Davila” University of Medicine and Pharmacy Bucharest

The instable post-traumatic knee has become a frequent disability for sport active people, especially because of the rising level of functional usage of the knee and due to the increasing standards of performance.

It is essential to have an accurate evaluation of the instable posttraumatic knee for a correct therapeutic attitude (conservative treatment or surgery) followed by complex rehabilitation methods for a better and total reintegration in daily activities. It is now possible to return to competition sport activities.

There is no ideal and unique evaluation scale accepted for instable posttraumatic knee evaluation; different medical schools propose different evaluation scales which assist in better realistic therapeutic goals and functional monitoring of the patient.

Three of the most useful tools for instable posttraumatic knee evaluation are ARPEGE, LYSHOLM-TEGNER and IKDC scales, which propose parameters that permit the physician to have a better dynamic evaluation from the anatomical, functional and sportive point of view.

Keywords: instable post-traumatic knee, functional deficit, functional evaluation systems, evaluation scales.