



You down with Alter-G? Yeah, you better be!

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BACKGROUND PURPOSE:

Free rehabilitation has demonstrated to be as effective and safe as restrictive rehabilitation in the management of meniscal repairs.

The purpose of this study was to investigate the effectiveness of free rehabilitation protocol utilizing an Alter-G treadmill system.

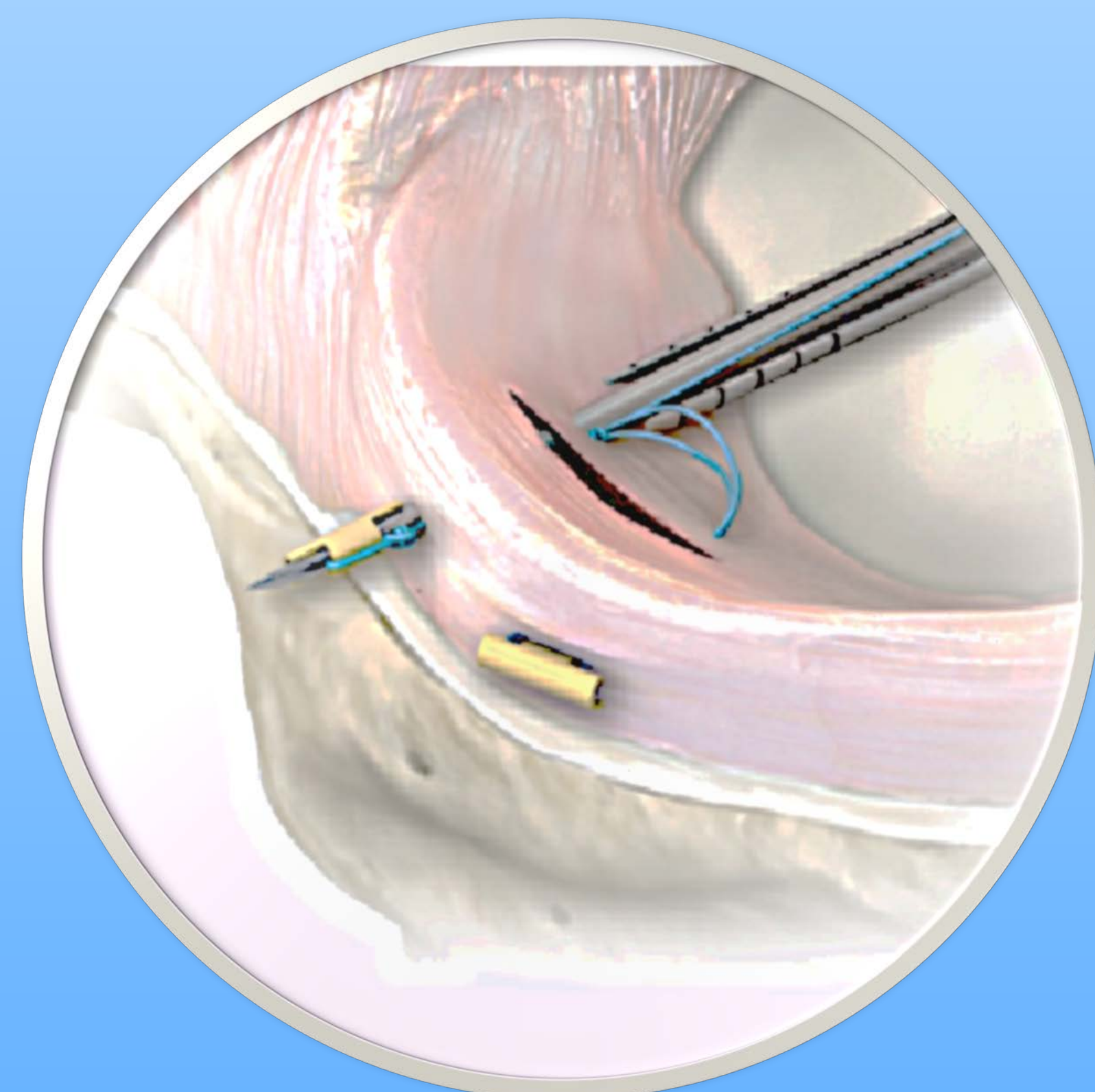


Figure 1: Fast Fix Meniscal Repair

Case Description:



METHODS:

Post-Op Week	%Body-Weight	Time (Min)	Mode
Week 1	70%	10'	Walk
Week 3	80%	20'	Fast Walk
Week 5	90%	25'	Walk 3' & Jog 2'
Week 7	100%	15'	Walk 3' & Jog 2'

RESULTS:

Joint	Pre		Post	
	AROM	PROM	AROM	PROM
Knee Flexion	71	75	132	136
Knee Extension	8	7	0	0
Ankle DF	7	10	12	15
Ankle PF	32	36	38	47

LEFS*	Evaluation	Week 4	Week 7
Total/80	32/80	58/80	70/80

*Lower Extremity Functional Scale(LEFS) MCID is an improvement of 9 points. The patient met the MCID at each measurement interval.²

CONCLUSION:

By utilizing a free rehabilitation protocol along with the Alter-G system the patient was able to progress faster through the rehabilitation process. This study also demonstrates the safety of free versus restrictive protocols for meniscal repairs as reported by previous studies.



Figure 2: Alter G Treadmill

CLINICAL RELEVANCE:

Clinicians need to develop an understanding of the mechanics of the meniscus in order to appropriately load the healing tissue to withstand the demands of the patient's function. The Alter-G treadmill system allows for normal gait patterns and early functional training to alleviate from the deleterious effects of immobility.

REFERENCES:



Please SCAN for References