Postsurgical orthopedic sports rehabilitation: knee & shoulder

Table of Contents

SECTION I: Concepts in Post-Surgical Management

1. The Inflammatory Process and Post-Surgical Soft Tissue Healing 2. Post-Surgical Immobilization vs. Mobilization 3. Pre- Operative and Post Surgical Musculoskeletal Examination of the Knee 4. Pre-Operative and Post Surgical Musculoskeletal Examination of the Shoulder 5. Training for Strength Power and Endurance 6. Propriocepive Neuromuscular Control: Implications for the Post-Operative Knee Patient 7. Propriocepive Neuromuscular Control: Implications for the Post-Operative Shoulder Patient

SECTION II: Knee

Ligament Injuries 8. Anterior cruciate ligament reconstruction using Ipsilateral patellar tendon autograft 9. Anterior Cruciate Ligament reconstruction using Contralateral patellar tendon autograft 10. Anterior cruciate ligament reconstruction using the hamstring/Gracillis Autograft 11. Anterior cruciate ligament reconstruction using an allograft source 12. Complications with Anterior cruciate ligament reconstruction 13. Strain Gauge Studies and Their Implications to Post-operative ACL Rehabilitation 14. Posterior cruciate ligament reconstruction and rehabilitation 15. Combination ligament injuries 16. Prevention of rupture or re-rupture of the anterior cruciate ligament. Knee Meniscus Injuries 17. Meniscus: Meniscectomy, meniscus repair, and meniscus allograft replacement 18. Complications with Meniscus surgery, Knee Articular Cartilage Injuries 19. Cartilage repair: Chondroplasty, abrasion arthroplasty, microfracture 20. OATS, Autologus Chondrocyte Implantation cartilage replacements, Mosaicplasty 21. Complications with cartilage repairs 22. Proximal and distal realignment procedures 23. Arthroscopic Lateral Release Knee Tendon Ruptures 24. Quadriceps & Patellar Tendon Ruptures

SECTION III: Shoulder

Shoulder Acromioclavicular Joint Injuries 25. Acromioclavicular Joint - Mumford and Weaver-Dunn 26. Anterior capsulolabral reconstruction 27. Capsular shift procedures - Neer, Multi Directional Instabilities 28. Bankart Repair open and arthroscopic 29. Thermal/Laser capsulorrhaphy 30. SLAP lesions Shoulder Rotator Cuff Repairs 31. Acromioplasty, Subacromial Decompression 32. Rotator cuff repair: mini open, open 33. Rotator Cuff Repair: All Arthroscopic 34. Long Head of Biceps Tendonesis and Tendon Ruptures