

## REHABILITATION IN A PATIENT AFTER KNEE ARTHROSCOPY DUE TO PATELLAR INSTABILITY - CASE REPORT

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### Background

Patellar dislocations are traumatic injuries that occur most often in individuals under the age of twenty and are related to sports and physical activity. Currently, there are no published reports describing the rehabilitation of younger males after arthroscopy and open reconstruction of the medial patellofemoral ligament (MPFL) using a tibialis anterior allograft

### Case report

Patient A.K. , 26 years old age, with patellar instability of the right knee, which occurred as a result of sports overloads. The patient was treated surgically with arthroscopy, retinaculum lateral capsulotomy, osteotomy and reconstruction. For the assessment of the patient, the following were applied: clinical examination, measurement of the circumference of the right leg and the range of motion in all joints of the right leg. Examinations were performed at the beginning of treatment and at the end of treatment. The rehabilitation was carried out over a period of 4 weeks. The following procedures were applied in the rehabilitation: kinesitherapy with gradual introduction of exercises according to the rehabilitation protocol and gradual increase of the load, hydro kinesiotherapy in the pool with exercises for the right leg, physical agents (cryotherapy, therapeutic ultrasound, low-intensity laser therapy, interference currents)

### Conclusion

Our results suggested that active physical therapy and kinesiotherapy might benefit the early recovery of knee joint function and reduction of muscle atrophy in patients with recurrent patellar dislocation after MPFL reconstruction.

**Keywords:** rehabilitation, knee arthroscopy, patellar instability