

Abstract

Title

Post-surgical rehabilitation of the knee menisci (Comparison of post-surgical rehabilitation in Albania and USA/ literature review)

Aim

The purpose of this thesis is to outline the most frequent injuries occurring in the knee menisci. To evaluate the post-surgical rehabilitation of the knee menisci in Albania and to compare it with recommended guidelines from American Academy of Orthopaedic Surgeons in USA. The main goal is to find out what could be done, to improve the post-surgical rehabilitation program followed in Albania, after a knee menisci injury.

Method

This thesis is a literature review, reviewing journals with an impact factor higher than 1, clinical trials, systematic reviews and pilot studies not older than the year 2000. All these materials were gathered from web medical databases such as (PubMed, Medline, Science Direct, Scopus, Pedro, Web of Science). Primary sources of information were scientific books in Albanian, Italian and English languages, from period of autumn 2011 to the spring of 2014. Due to lack of literature and both written studies and guidelines concerning rehabilitation in Albania, the data gathered were taken from Military Hospital of Albania-Traumatology Department, either from interviews with the doctors and physiotherapist working in this institution or by my own experience working in the Military Hospital in Tirana and in a private clinic. Rehabilitation guidelines from American Academy of Orthopaedic Surgeons (AAOS) in USA were taken as a reference, in order to compare the rehabilitation program followed in Albania for patients after the surgery of injured knee menisci. To develop the search strategy, combination of the keywords: *menisci injury*, *surgery of menisci*, *rehabilitation of menisci* and *physical therapy of menisci* were used.

Results

Many differences were found, comparing the level of rehabilitation after menisci surgery and the health care the patients take in Albania and USA. Outcomes in Albania were not satisfactory with lack of controls after the operation, not a fulfilled rehabilitation program from the side of

the patients, and no used physical therapy as an important part of the rehabilitation program. So, in Albania there is not present a high quality post-surgical rehabilitation of the knee menisci.

Key words

Menisci injury, surgery of menisci, post-surgical physical therapy, rehabilitation program