

Learning Objectives

MedBridge

The Functional Manual Therapy® Approach to the Knee

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Course Objectives:

- Demonstrate management of mechanical soft tissue and articular dysfunctions in a complex knee patient
- Address underlying neuromuscular and motor impairments in a complex knee patient
- Demonstrate a treatment strategy for managing knee pain in a patient with complete PCL tear, including mechanical and neuromuscular strategies
- Demonstrate management of meniscoid pain and dysfunction

Chapter 1: Case Study One

This chapter presents a patient with complex knee pain and dysfunction. He has a 6 years history of knee pain and has undergone 4 surgeries. Treatment includes the management of his mechanical soft tissue and articular dysfunctions and addresses the underlying neuromuscular and motor control impairments.

Chapter 2: Case Study Two

This patient presents with the diagnosis of a complete tear of his left PCL. The video presents a treatment strategy for management of his pain and impairments through addressing his mechanical and neuromuscular dysfunctions.

Chapter 3: Case Study Three

The purpose of this patient demonstration was to demonstrate the FMT management of meniscoid pain and dysfunctions.