

The Comparison between Intensive and Standard Physical Therapy after Reconstructive Knee Surgery

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The purpose of this study is to identify which method of physical therapy after reconstructive knee surgery is the most effective and why. The results of this study may be very beneficial for physical therapists in the decision-making process for therapies. Twelve different studies focusing on knee surgeries and/or rehabilitation after reconstruction will be analyzed. A comparison between intensive and standard physical therapy will be made. Results, conclusions, and recommendations are being drawn at this time.

Information about the Author:

For the past few years, Selina Hodogbey noticed several knee injuries during basketball games. Some of those injured athletes, after physical therapy, tend to become injured in the same manner or play differently. For that reason, she became interested in finding reasons why. She thought that the reason must be in the type of physical therapy or surgery that they are receiving. She wants to become a physical therapist someday, so she feels it's only fitting to investigate rehabilitation methods.

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