

## Meniscus Injuries of Knee Joints and Conservative Therapeutic Approach

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### Abstract

**Background:** Meniscus injuries of knee joint can severely affect functional aspects of knee joint as it functions to preserve stability, shock absorption, load transmission, and motion control of knee joint. There are number of surgical reconstruction options which are not without risk. Conservative rehabilitation in the form of physiotherapy provides hope in such situations. Hence the present study was conducted to find out the effect of rehabilitation program on meniscal injuries. **Materials & Methods:** In this prospective study, a total of 75 patients suffering from meniscus injuries included. Assessment was done using Lysholm point scale. Various physiotherapy exercises were given to experiment group. **Results:** Study subjects achieved pain free functional activities of knee joint but symptoms were recurred when they were involved in vigorous activities. **Conclusion:** Properly executed conservative rehabilitation programs are very useful for the management of meniscus injuries of knee joint.