

## **Abstract**

### **Title:**

Post-surgical rehabilitation of the knee menisci

### **Aim:**

The purpose of this thesis is to evaluate the post-surgical rehabilitation of the knee menisci in Albania comparing it with recommended guidelines from American Academy of Orthopaedic Surgeons in USA.

### **Method:**

This thesis is a comparative analysis, comparing post-surgical rehabilitation of the knee menisci followed in Albania and in USA. The comparison between the post-surgical rehabilitation program followed in both states was done confronting recommended guidelines from American Academy of Orthopaedic Surgeons (AAOS) in USA, to data gathered from Military Hospital of Albania-Traumatology Department, private hospitals and private clinics in Tirana. Articles, clinical tests, systematic reviews, pilot studies and scientific books in Albanian, Czech and English were used as sources of information. To develop the search strategy, combination of the keywords: *menisci injury*, *surgery* and *rehabilitation* were used.

### **Results:**

Outcomes in Albania were not satisfactory, showing not a complete rehabilitation program followed by the patients after menisci surgery. There was no use of physical therapy modalities as an integrated part of the rehabilitation process, lack of check-ups after the operation and consequently no long-term rehabilitation outcomes after a menisci surgery. We can conclude that in Albania there is no high quality post-surgical rehabilitation of the knee menisci present.

### **Key words:**

menisci injury, surgery, rehabilitation