

OUR CONSULTATION, KNEE TYPE

THE STANDARD EXAMINATION confirms the **classical diagnosis**
 =Patellar syndrome, patellar tendonitis, iliotibial friction syndrome...
 + eliminate **SURGICAL INJURIES**

SELECT THE MOST PAINFUL/BLOCKED MOVEMENT
 to monitor the effectiveness of the treatment during the session

VISION + PALPATION
 =

4 causes of knee pain

- ADHESIONS (Always)
- SUBLUXATION OF THE FIBULAR HEAD (>70%)
- SUBLUXATION OF THE LATERAL MENISCUS (>20%) +- medial
- SNAPPING PLICAE (>20%)

- Interfascial release
- Reduction of subluxations
- Capsular liberation

- CONTENTIONS
- SELF-MANIPULATION

CONSOLIDATION

CORRECTIONS:
 Remote, postural, dietary dysfunctions

IF THERE IS DIAGNOSTIC UNCERTAINTY ?

ELECTROSTIMULATION, MANIPULATIONS, CONTENTIONS TESTS:
 improvement guides the sense of the manipulation

X-RAYS
 ● Fibular subluxation
 ● Other diagnoses

ULTRASOUNDS
 ● Adhesions
 ● Plicae
 ● Snapping
 ● Meniscal subluxations

IF FAILED:
 An MRI often finds the overlooked surgical injury