

Course Title: Rehab 134 – Cartilage Restoration

Course Description: Rehab 134 – Rehabilitation following Selected Knee Surgeries: Cartilage Restoration and Reparation Procedures, is a 1-hour, audiovisual-formatted course designed for the clinician interested in learning more about rehabilitation following a specific knee surgery. This course will begin with a review and overview of pertinent anatomy and biomechanics of the knee. A variety of surgical approaches will be reviewed, including: palliation, restorative and reparative. Following a review of the different surgeries, the rehabilitation process specific to the surgery will be covered. At the end of this course, the learner will have a thorough understanding of a variety of selected knee surgeries and the rehabilitation strategy which will enhance clinical outcomes and maximize functional performance.

Target Audience: PT/PTA

Course Type: Video vs. Text-based

Educational Level: Beginner, Intermediate, Advanced

CE Hours: 1 contact hour / .1 ceu

Course Prerequisites: None

Course Author / Instructor: Robert McCabe, PT, OCS

Learning Objectives:

- Summarize the key difference between the cartilage restoration vs cartilage reparation procedures.
- List 3 personal (health and demographic) factors that need to be considered when following a rehabilitation program following cartilage restoration/reparative procedures.
- Enumerate 3 lesion-specific factors that need to be considered when following a rehabilitation program following cartilage restoration/reparative procedures.
- Recall three goals during phase 1 (0-2 weeks) of a rehabilitation program following cartilage restoration/reparative procedures.
- Cite five return-to-play criteria that need to be met following cartilage restoration/reparative procedures.
- Summarize the evidence-based outcomes for the 3 most common cartilage restoration/reparation techniques.

Agenda:

Hour #1

Introduction
Anatomy
Biomechanics

Surgical approaches
Palliation
Restorative
Reparative
Factors Influencing Rehab Progression
Rehab Principles
Rehab Phases
Return to Play

Course Completion Requirements:

A passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course and completing a satisfaction survey, you will receive your certificate of completion.

Additional Course Information

Course Registration: Register for Free at www.OnlineCE.com. Once registered, you can begin to purchase courses. Contact info@onlinece.com for special needs requests and assistance.

Refund Policy: There will be no refunds for courses taken at OnlineCE.com or monies deposited into My CE Bank. Any money on account will be used for taking future courses. If you start a course in error, or if you are dissatisfied with a course, please contact us in the first part of the course and we will void the course and you can select a replacement course.

Cancellation Policy: Only available courses are offered online and on-demand and available for purchase. No registration fees are collected for courses that are not provided on-demand. Due to the online and on demand format, courses are not cancelled.

Course Date and Location: This is an independent course that is available 24/7 on-demand at www.OnlineCE.com.

Required Materials and Equipment: Courses offered on OnlineCE.com can be accessed on any type of computer or device. No special software is required but we do recommend the use of the Chrome Browser (recommended, not required). All course materials are contained within the courses and no prerequisites are required.