

KNEE KINESIOGRAPHY

Case example: OA

Patient: **60-years old** Knee(s): **Right Knee**

Established diagnosis on file: Moderate/Severe OA; pain over Medial Tibiofemoral and Patellofemoral joints **Reason of consultation:** Scheduled for Uni-Compartmental knee replacement; reduce pain and prepare for surgery

BIOMECHANICAL MARKERS: Results

Medial compartment and patellofemoral compartment

Varus thrust during loading

Varus static functional lower limb alignment

Varus alignment at initial contact

Varus alignment during stance

Positive (3.0°)

Negative (Neutral -0.9°)

Negative (Varus 1.4°)

Positive (Varus 2.2°)





IMPRESSION

Neutrally aligned knee with a Varus thrust during loading; returns toward neutral at stance

· Loads the medial compartment leading to medial OA progression

THERAPEUTIC PROGRAM

Patient was educated on her biomechanical dysfunctions

- 1. Given TARGETED neuromuscular retraining as a home program
- 2. Knee brace

1. Therapeutic corrective: Varus Thrust → Varus thrust control-Loading

2. Type of knee brace: Stabilizing brace

Encourage neutral alignment during initial contact and loading (when the varus thrust occurs)

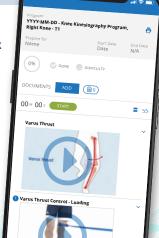


PATIENT SPECIFIC INFORMATION LEADS TO BETTER FUNCTIONAL OUTCOMES!

PATIENT OUTCOMES POST THERAPEUTIC PROGRAM

- Dynamic biomechanics linked to improved functional outcomes
 - Addressed the objective biomechanical marker and root cause of her Osteoarthritis
- Postponed surgery

Personalized program
available for your patient
via an online platform
with detailed explanations
and videos to educate the
patient on how to restore
their function







Patient name: KneeKG Patient ID: 00123 Right knee - Comfortable walking (2.0 km/h)

KneeKG® OA Report

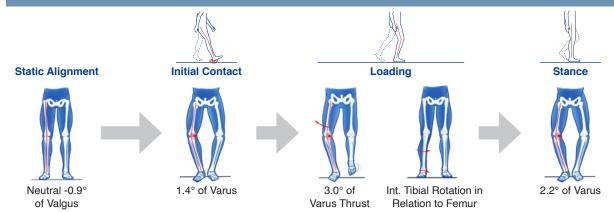
Date: YYYY-MM-DD KneeKG evaluator

Diagnostic information: No osteoarthritis diagnostic on file

Presence of mechanical risk factors linked to knee OA	Results YYYY-MM-DD	Follow up date	Comparison
Medial compartment and femoparatellar compartment			
Varus thrust during loading ^{1.4}	Positive (3.0°)		
Varus static functional lower limb alignment ¹⁰⁰	Negative (Neutral -0.9°)		
Varus alignment at initial contact ¹⁰¹	Negative (Varus 1.4°)		
Varus alignment during stance ¹⁰¹	Positive (Varus 2.2°)		
Lateral compartment and femoropatellar compartment			
Valgus thrust during loading ³	Negative		
Valgus functional lower limb alignment102,104	Negative (Neutral -0.9°)		
Valgus alignment at initial contact103,105	Negative (Varus 1.4°)		
Valgus alignment during stance103,105	Negative (Varus 2.2°)		
Femoropatellar compartment			
Dynamic knee contracture in flexion at heel strike ¹⁵	Negative (9.5° of flexion)		
External tibial rotation at initial contact ¹⁶⁻¹⁸	Negative (0.7°)		
<u>General</u>			
Tibia internally rotated in relation to the femur during loading ^{20,21}	Positive		
Body Mass Index (BMI) > 259,22,23,34	Positive (BMI=29.3)		

PATIENT SPECIFIC DYNAMIC ALIGNMENT

patient, and this information does not purport to replace the comprehensive training physicians have received.



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