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Effectiveness of rehabilitation for osteoarthritis of the knee associated with isolated meniscus injury: a scoping review protocol

Masateru Hayashi¹, Shusaku Koga², Takashi Kitagawa³¹Hanamizuki Orthopaedics Sports Clinic; ²Sanno Hospital;³Department of Physical Therapy, School of Health Sciences, Shinshu University

1 Works for me

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dx.doi.org/10.17504/protocols.io.bydeps3e**Masateru Hayashi**
Hanamizuki Orthopaedics Sports Clinic

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ABSTRACT

Objective: The purpose of this scoping review is to examine whether there are differences in rehabilitation according to the degree of damage to the isolated medial and lateral meniscus and to determine whether it is of value to conduct a systematic review in the future.

▣ **Introduction:** The prevalence of meniscus injuries in middle-aged and elderly people (>50 years) is 31%, and they occur more frequently in medial meniscus injuries than in lateral meniscus injuries (28% > 12%). The treatment of meniscus injuries consists of conservative therapy and surgery, and the benefit of combining surgery with rehabilitation has become clear. However, the effectiveness of rehabilitation alone, according to the degree of isolated meniscus injury, has not been clarified.

▣ **Eligibility criteria:** The review will be a scoping review of the effectiveness of rehabilitation for osteoarthritis of the knee with unilateral or bilateral isolated meniscus injuries in patients over 40 years of age. Outcomes will be pain, function, and re-injury. All types of research will be accepted without restrictions as to location, race, gender, or language of the original article. ▣ **Methods:** A systematic search of PubMed, Cumulative Index to Nursing and Allied Health Literature (CINAHL), Web of Science, and Physiotherapy Evidence Database (PEDro) databases using the keywords "meniscus" and "physical therapy" will be conducted during September 2021. In addition, we will not limit the language of the search, in order to include all studies.

Data extraction tools will be used to specifically show findings in extracted articles related to participants, concepts, context, research design, and review questions. Outcomes should be pain, function, and re-injury, and results should be specified for each outcome.

ATTACHMENTS

[Protocol for scoping review.pdf](#)

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KEYWORDS

Knee injuries, Meniscal, Physiotherapy, Exercise therapy, scoping review

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