

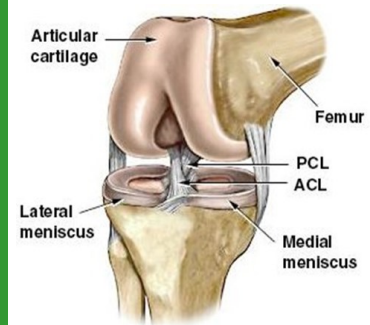
Triple Triad (ACL tear, MCL , & Meniscal tear)

Definition—The Triple Triad, also known as O'Donoghue's triad, is a severe knee injury that involves full or partial tears of the Anterior Cruciate Ligament, the Medial Collateral Ligament, and the Medial Meniscus.

Mechanism of Injury:

This injury can only occur when there is a considerable amount of force put on the knee. In sports it tends to be the result from a tackle, such as football, rugby or soccer. Occasionally it can occur from the foot being planted while the leg is rotating or from a car crash.

This type of injury will require surgery in almost every case. It is important to realize with this injury rehabilitation after surgery will most likely take over a year to fully recover.



Physical Therapy

Initial Care: Controlling swelling and pain and regaining normal range of motion as quickly as possible is key to begin healing properly. This is done through the use of cold, compression, and electrical stimulation. Other exercises to be done immediately are:

Quad Sets – Tighten your quad muscle pushing the knee down and pointing the toe up.	Glut Sets – Tighten your glut muscles together.	Knee Slides – With a towel under your heel bend and straighten your knee.
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When most pain and swelling is eliminated and range of motion has entered an acceptable range, your PT will begin more resistive exercises to encourage strengthening of the muscles surrounding the knee.

Straight-Leg Raises (SLRs) – With one knee bent, tighten the quad of the straight leg and raise it to the level of the bent knee.	Knee Extension – Sitting on the edge of the table with weight around the ankles, lift and straighten each leg.	TKEs – With resistance around the top of the knee joint, one starts with the knee bent and straightens the knee.
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As strength is regained, your PT or PTA will begin to incorporate more dynamic and sports/work-specific activities into your therapy. This can include:

Balance Machine - Contraction of quad and glut muscles will help achieve proper balance needed.	Single-Leg Work - Strength shown in exercises like single-leg squats help in functional stability.	Jumping/ Jogging - These actions are specific to many sports and life-styles.
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***NOTE: ONE MAY NOT PROGRESS TO MORE DEMANDING EXERCISES UNTIL HIS OR HER PHYSICAL THERAPIST AND/OR ATHLETIC TRAINER ALLOW IT. PROGRESSING ONESELF WITHOUT THE PT'S OR AT'S PERMISSION MAY CAUSE MORE DAMAGE TO THE JOINT AND DELAY HEALING.**

Criteria for Return to Sports and/or Work:

- No joint effusion (swelling inside the joint)
- There is full range of motion (ROM)
- Strength is equal to or greater than the uninvolved leg
- The patient has successful performance during work- or sports-specific functional testing

It is not recommended to return to demanding activities such as sports and running until 9 months after surgery and will not be completely healed until approximately one year after surgery.

Works Cited

- Prentice, W. E. (2011). *Rehabilitation Techniques for Sports Medicine and Athletic Training* (5th ed.). Chapel Hill, NC: McGraw Hill.
- Starkey, C., Brown, S. D., & Ryan, J. (2010). *Examination of orthopedic and athletic injuries* (3rd ed.). Philadelphia, PA: F.A. Davis.