

The invention relates to the medicine, in particular to orthopedics and is intended for treating the posttraumatic contractures of the knee-joints. The method comprises the flexures and extensions in the knee-joint along its flexure axis. The method provides also the exposure of the ankle and knee joints to the vibrations at a frequency of 23-25 Hz with the amplitude of 4 mm. The vibration exposure is administered concurrently with the flexures and extensions in the knee-joint along its flexure axis. At the same time, Diprosan and Novocain are injected peri- and intra-articularly into the articular cavity. Finally, the compress is applied to the area of the affected knee-joint.