

ACL-RECONSTRUCTION

AN UPDATE (INTRODUCTION)

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N.P.

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ACL-RECONSTRUCTION

- IS THE TEAR OF AN ACL REALLY THE BEGINNING OF THE END OF ONE'S KNEE?



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ACL-RECONSTRUCTION

- **INDICATIONS :**
- Restricted in the Past
- ARE THEY NOWADAYS EXPANDED ?
- IS THERE ANY AGE LIMIT ?

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ACL-RECONSTRUCTION

- **WHY DO WE OPERATE ?**
- WHAT ARE OUR GOALS BY OPERATING ?
- To offer a stable knee for taking part in sports and daily activities?
- To offer a stable knee good enough for prevention of a future degenerative disease ?
- And finally what do we really achieve ?

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ACL-RECONSTRUCTION

- **WHEN DO WE OPERATE ?**
- immediately after the injury ?
- After the symptoms subside ?
- Or when the patient regains a F.R.O.M.?
- Do we have the same regime when we treat professional athletes?

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WHICH GRAFT ?

- **THE IDEAL GRAFT DOES NOT EXIST**
- ALL AVAILABLE GRAFTS HAVE ADVANTAGES AND DISADVANTAGES
- TRANSPLANTATION OF ENTIRE ACL EN-BLOC IN THE FUTURE ?

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WHICH GRAFT ?



- IS THE BPTB GRAFT STILL CONSIDERED THE "GOLD STANDARD" GRAFT?



- OR

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WHICH GRAFT?



- DO THE HAMSTRINGS OFFER EQUAL OR EVEN BETTER FUNCTIONAL RESULTS ? (using modern fixation devices)



- (reaction in the joint's environment, canal widening, initial and final fixation strength?)

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WHICH GRAFT ?

- OTHER OPTIONAL GRAFTS ?
- QUADRICEPS TENDON GRAFT ?
- IS THERE ANY PLACE FOR ARTIFICIAL GRAFTS ?
- SPECIFIC GRAFTS FOR SPECIFIC GROUPS OF PATIENTS ?

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WHAT FIXATION ?

- WHICH IS THE WEAK POINT OF FIXATION ?
- THE FEMORAL OR THE TIBIAL SIDE ?

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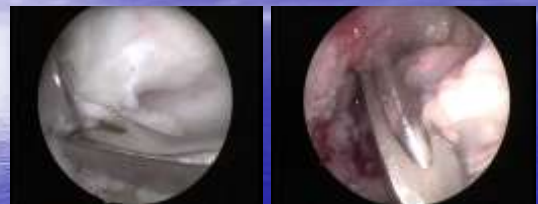
WHAT FIXATION ?

- BPTB-GRAFT → INTERFERENCE SCREW
→ RIGID PINS ?
- HAMSTRINGS → INTERFERENCE SCREW ?
→ TRANS FIX ?
→ RIGID FIX ?
→ ENDO BUTTON ?

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ISOMETRY



- DO WE REALLY ACHIEVE ISOMETRY?

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ISOMETRY



N.P.

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SINGLE BUNDLE RECONSTRUCTION

- SINGLE BUNDLE ACL-RECONSTRUCTION= RECONSTRUCTION OF A.M.-BUNDLE.
- IS THAT ENOUGH TO CREATE A STABLE KNEE ?

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SINGLE BUNDLE RECONSTRUCTION

LACHMANN TEST: Good End Point
Good Translation

PIVOT SHIFT TEST: +/-

STABLE IN A/P TRANSLATION

STABLE IN SIDE TO SIDE TRANSLATION

UNSTABLE IN ROTATORY MOTION

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DOUBLE BUNDLE RECONSTRUCTION ?



- OR DOUBLE TROUBLE ?

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N.P.

POST-OP PERIOD



- IS THAT NECESSARY ?
- WHAT ROM IS ALLOWED?
- FOR HOW LONG ?
- WHAT ABOUT W.B.

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POST-OP REHABILITATION

- GENERAL GUIDE LINES?
- WHEN : → SWIMMING POOL
 - JOGGING
 - TAKING PART IN SPORTS

WHAT KIND OF SPORTS CAN WE SUGGEST?

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