



Arthroscopic Primary Repair may Provide Beneficial Results for Proximal Anterior Cruciate Ligament Tears

NEWS

[Pain Management](#)

The arthroscopic primary repair results in a good objective and subjective outcomes at a follow-up of 3.2-year in a carefully selected population, as explained in a study published in 'Knee Surgery, Sports Traumatology, Arthroscopy'. In the small cohorts, the recent outcomes of arthroscopic primary repair of proximal anterior cruciate ligament (ACL) tears have been found to be positive.

Anne Jonkergouw et al. aimed to evaluate the results of arthroscopic ACL repair in a larger cohort and to examine the role of additional augmentation. At a minimum 2-year follow-up, the first 56 consecutive patients that underwent arthroscopic ACL repair were assessed. The latter 27 patients received additional internal bracing with ACL repair. All the 56 patients were considered (100% follow-up). The mean age at surgery was 33.5 ± 11.3 years (59% male) with a mean follow-up of 3.2 ± 1.7 years. The objective International Knee Documentation Committee (IKDC) form was used for clinical examination. Modified Cincinnati, Single Assessment Numeric Evaluation (SANE), Lysholm and subjective IKDC scores were used to obtain the subjective outcomes. It was found that 6 repairs (10.7%) failed and 4 additional patients underwent reoperation (7.1%), i.e. 2 for meniscus tears and 2 for suture anchor irritation. The failure rates were 7.4% with and 13.8% without the internal bracing. No statistically significant or any clinically relevant differences were found in the subjective outcomes.

The research authors noted, "The role of additional internal bracing is possibly beneficial, but larger groups are required to evaluate this." Also, considering the less-invasive nature of ACL repair, future studies are needed to examine if the ACL repair might also give way to a lower incidence of long-term osteoarthritis in humans.

Source: Knee Surgery, Sports Traumatology, Arthroscopy

Link: <https://link.springer.com/article/10.1007%2Fs00167-018-5338-z>

Original title of article: Arthroscopic primary repair of proximal anterior cruciate ligament tears: outcomes of the first 56 consecutive patients and the role of additional internal bracing

Authors: Anne Jonkergouw et al.

SearchTags:

Exploratory, Anterior cruciate ligament (ACL), Osteoarthritis, International Knee Documentation Committee (IKDC) form, Lysholm, modified Cincinnati, Single Assessment Numeric Evaluation (SANE), IKDC scores