

Return to Sports and Re-Injury after Anatomic ACL

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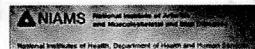
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Outcome Following Surgery

For athletic population, the ultimate outcome after ACL surgery is the ability to return to prior level of sports in terms of intensity, frequency, duration & absence of symptoms **AND** the prevention of re-injury.

What Proportion of Individuals that Undergo ACL Reconstruction Return to Their Prior Level of Athletic Activity?

Return to Sports

12 Months Post-Op

- 503 patients that participated in competitive Australian football, basketball, netball or soccer
- Return to sports at 12 months:
 - 168 (33.4%) attempted full competition
 - 169 (33.6%) attempted training and/or modified competition
 - 166 (33.0%) had not attempted training or return to sport
- Return to sports at 12 months more likely for:
 - Males
 - Participation in seasonal sport
 - Hop test >85%

Ardern CL et al AJSM 2011

Return to Sports

Return to sport following anterior cruciate ligament reconstruction surgery: a systematic review and meta-analysis of the state of play

Claire L Ardern,¹ Kate E Webster,¹ Nicholas F Taylor,^{1,2} Julian A Feller¹

- 48 studies reporting return to sports of 5770 individuals after ACL reconstruction at mean follow-up of 41.5 months
- 3693 (64%) males
- Average age at follow-up 25.1 (range 13 – 60)
- Graft type:
 - 3967 (69%) autograft B-PT-B
 - 1156 (20%) autograft hamstring

Br J Sp Med (2011) – doi:10.1136/bjism.2010.076364