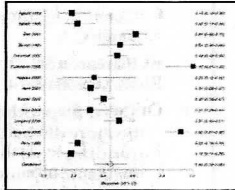


Return to Sports

After ACL Reconstruction:

Return to Some Form of Sports	82% (95% CI 73 to 90%)
Return to Pre-Injury Level of Sports	63% (95% CI 54 to 71%)
Return to Competitive Sports	44% (95% CI 34 to 56%)



Ardern CL et al. 2011

Return to Sports

After ACL Reconstruction:

	Prior To 2000	After 2000
Return to Some Form of Sports	78% (95% CI 59 to 92%)	85% (95% CI 78 to 91%)
Return to Pre-Injury Level of Sports	62% (95% CI 51 to 72%)	64% (95% CI 54 to 74%)
Return to Competitive Sports	44% (95% CI 20 to 69%)	56% (95% CI 43 to 68%)

Ardern CL et al. 2011

Return to Sports

- Reasons for reduced sports participation for those that did not return to prior level:
 - Fear of re-injury (19%)
 - Problems with structure/function of knee (13%)
 - Family commitments or lifestyle changes (11%)

Ardern CL et al. 2011

What the Rate of Re-Injury to the Reconstructed Knee & Subsequent Injury to the Contra-lateral Knee?

Risk of Re-Injury or Contra-lateral Knee Injury

Systematic Review:

- 6 prospective level 1 or 2 studies with greater than 5 year follow-up of 2026 patients that underwent autograft ACL reconstruction
- Risk for graft failure – 5.8% (1.8% to 10.4%)
- Risk for subsequent contra-lateral knee injury – 11.8% (8.2% to 16.0%)

Wright RW JBJS-A, 2011

Risk of Graft Re-Rupture

Associated Factors:

- Risk appears to be increased for:
 - Younger individuals
 - Competitive athletes in very strenuous or strenuous sports
 - Early return to sports: (50% of failures occur within 1st 9 months after surgery)
 - Allograft (particularly in young/active individuals)