
Can They Return to Pre-injured State after ACL Reconstruction?

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Introduction

Injury to the anterior cruciate ligament (ACL) is the most common ligament injury in the knee. Greater participation in sporting and recreational activity by the general population continues to expose more individuals to the risk of ACL rupture. Even though many kinds of reconstruction methods for the injured ACL had been reported, there are concerning about that they will be able to go back to the pre-injured level after ACL reconstruction.

Material and Methods

Among 357 cases of ACL reconstruction performed at the Guro hospital, Korea University College of medicine, the materials comprised 43 patients (male:33, female:10) who had undertaken ACL reconstruction using with the auto-BTB after sports-related ACL injury. The average age of the patients was 25.4 years (16~55). During the follow-up period of at least 2 years, the clinical results were assessed subjectively and objectively by the Lysholm score and IKDC knee rating system.

Result

All of the ACL injuries were caused by sports activities which consisted of football (15), basketball (8), skiing (6), TaeKwon-Do (4), tennis (2), wrestling (2), field and track (2), Judo (1), handball (1), ballet (1) and DDR (1) in order. Associated injuries were MM rupture (14), LM rupture (3), MM+LM rupture (2), MCL rupture (3), MCL+MM rupture (1), MCL+LM rupture (1) and OCD (1). The final results were as follows: Average Lysholm scores were improved from 63.5 preoperatively to 92.3 postoperatively. 21 (48.8%) of 43 cases were in Grade A, 20 (46.5%) cases in Grade B, 2 (4.7%) cases were in Grade C and nothing in Grade D according to the IKDC knee rating system. In almost cases, quadriceps muscle atrophy compared with the uninjured site appeared by 0.8 (0.4~2.5) cm decrease of MTC in average .

Conclusion

Over 95% of cases could enjoy the almost same activity as the preinjured level. But half of them were depressed psychologically with the fear of reinjury, so they tend to restrict themselves in their activity below the pre-injured level. It seems to be very important to encourage them strengthen the Q-muscle power and have self-confidence.

Key word: ACL Injury, Reconstruction, Recovery, Sports activity

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