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## **Arthroscopic Reconstruction of the Anterior Cruciate Ligament – Prospective Study**

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### **Study design**

A prospective clinical study that compared the outcome of anterior cruciate ligament reconstruction using hamstring tendon autograft (by mulch screw tech.) with outcome using pattelar tendon autograft at average 2 years after surgery.

### **Summary of background data**

Many techniques for ACL reconstruction have been proposed and tested. Autografts of patellar tendons or hamstring tendon are now preferred by most surgeons.

### **Materials and methods**

Assesment was performed on 70 patients with ACL tear undergoing reconstructions with a patellar tendon autograft: 61 were available for follow up. The hamstring tendon autograft group cosisted of 70 consecutive patients: 59 were available for follow up. Clinical review included the MOS 36 item short form (SF36) survy, and knee5 MDB recons-ACL preoperation and follow up forms were used.

### **Results**

The KT- 1000 arthrometer showed no difference between the groups in term of ligament laxity. Kneeling pain after recontruction with the hamstring tendon was less common than with the patellar tendon autograft. No difference between the group in terms of ligament stability, range of motion.

## Conclusion

These results indicate lower donor site morbidity with hamstring tendon harvest, and no inferior performance.