

Are Patient and Surgeon Expectations after ACL Reconstruction Realistic?

Anterior cruciate ligament (ACL) reconstruction is commonly performed, but not all patients recover fully from this operation

Expectations

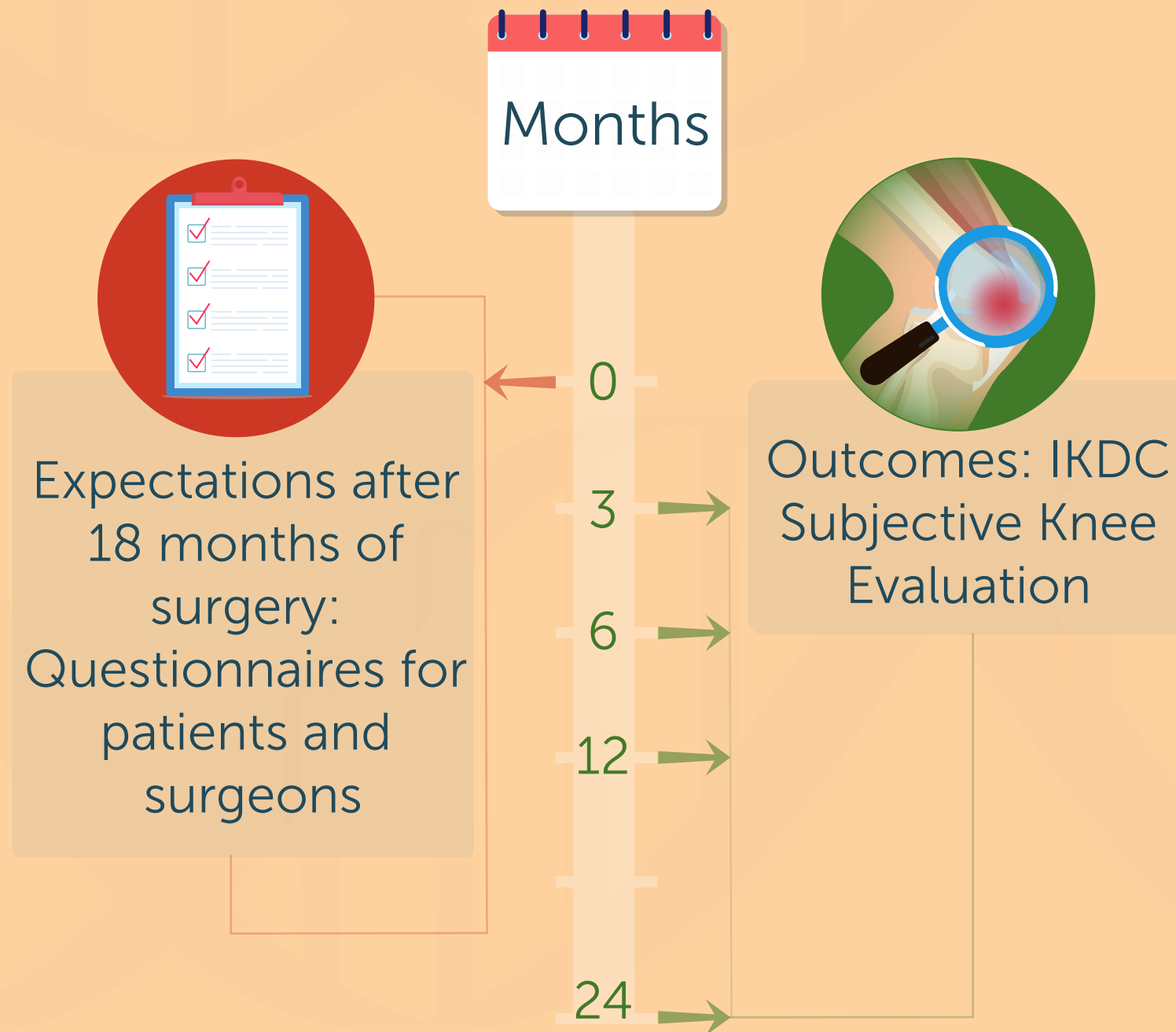
Outcomes

However, the degree to which patients' expectations correlate with those of their surgeons, and the degree to which those expectations are associated with patient-reported outcomes, are unknown

Do patients and physicians have similar expectations of knee function from ACL reconstruction?

Are patient/physician expectations associated with outcome scores 2 years after ACL reconstruction?

98 patients who underwent ACL reconstruction



2 Years
After
Surgery

No difference between patient/surgeon expectations

No association between higher patient/surgeon expectations and 2-year outcomes

Although patient and surgeon expectations were higher than the outcomes eventually achieved, the difference was small and probably clinically unimportant

- ➔ There are no clinically important differences between surgeon expectations, patient expectations, and 2-year actual outcomes. There is also no correlation between patient expectations, surgeon expectations, and actual outcomes
- ➔ Although expectations did not differ importantly from actual outcomes for most patients, surgeons were unable to accurately predict outcomes for specific patients, which makes counseling patients as to expectations very difficult
- ➔ In the future, surgeons should be cautious when evaluating and counseling patients preoperatively and avoid setting excessively high expectations