

TABLE E-1 Inclusion and Exclusion Criteria

| Inclusion Criteria   | Exclusion Criteria   |
|--|--|
| Published prospective series describing outcomes of primary ACL reconstruction       | Case studies   |
| Five-year minimum follow-up  | Less than five-year minimum follow-up                                      |
| Reconstruction with patellar tendon or hamstring tendon autograft                    | Utilization of graft tissue other than patellar tendon or hamstring tendon |
| Utilization of all-arthroscopic, arthroscopic-assisted, or mini-arthrotomy technique | Open ACL reconstruction  |
| Provide data on both graft failure rates and contralateral ACL rupture rates         | Multiple ligamentous knee injuries other than low-grade MCL injuries*      |
|  | Inclusion of skeletally immature patients                                  |
|  | Use of allograft   |
|  | Animal studies   |
|  | In vitro studies   |
|  | Non-English-language studies   |
|  | Reviews without original data  |
|  | Inclusion of revision ACL reconstructions                                  |
|  | Use of artificial ligaments  |
|  | Retrospective studies  |

\*MCL = medial collateral ligament.

TABLE E-2 Rehabilitation Milestones

| Author                             | Year | Time to Partial Weight-Bearing | Time to Full Weight-bearing | Brace Use                   |
|------------------------------------|------|--------------------------------|-----------------------------|-----------------------------|
| Deehan et al. <sup>5</sup>         | 2000 | Immediate                      | Immediate                   | None                        |
| Drogset and Grøntvedt <sup>6</sup> | 2002 | Immediate                      | Immediate                   | None                        |
| Keays et al. <sup>10</sup>         | 2007 | Immediate                      | Immediate                   | Extension brace × 1-2 weeks |
| Roe et al. <sup>16</sup>           | 2005 | Immediate                      | Immediate                   | None                        |
| Sajovic et al. <sup>18</sup>       | 2006 | Immediate                      | Immediate                   | Extension brace × 3 weeks   |
| Shelbourne and Gray <sup>19</sup>  | 2009 | Immediate                      | Immediate                   | None                        |