

TABLE E-1 Rehabilitation Plus Early Anterior Cruciate Ligament Reconstruction Vs. Rehabilitation Plus Optional Delayed Reconstruction at 5 Years*

Outcomes	Early Reconstruction	Optional Delayed Reconstruction	Difference (95% CI)	P Value
Change in KOOS ₄ score (baseline to 5 yr)	42.9	44.9	2.0 (−8.5 to 4.5)	0.54
Change in KOOS ₄ score (2 to 5 yr)	4	5	−1.3 (−6.7 to 4.2)	0.38
Crude KOOS ₄ score	80	82	−1.5 (−7.4 to 4.4)	0.45
KOOS pain subscale	91	91	−0.3 (−4.6 to 4.0)	0.73
KOOS symptom subscale	83	87	−4.4 (−10.2 to 1.4)	0.12
KOOS activities of daily living subscale	95	97	−1.5 (−4.3 to 1.4)	0.38
KOOS sports and recreation subscale	76	79	−3.3 (−11.7 to 5.2)	0.23
KOOS knee-related quality of life subscale	71	69	1.8 (−6.2 to 9.8)	0.89
SF-36 physical component	85	84	0.9 (−4.9 to 6.7)	0.78
SF-36 mental component	87	85	2.8 (−2.7 to 8.3)	0.34
Tegner Activity Scale	4	4	0.1 (−0.8 to 1.1)	0.74
Proportion of patients with pre-injury activity level or higher	14%	12%	2.6 (−12.4 to 17.6)	0.73
Proportion of patients with radiographic evidence of osteoarthritis	16%	7%		0.17
Proportion of patients with normal Lachman test	76%	33%	43.5 (27.0 to 60.1)	<0.001
Proportion of patients with normal pivot-shift test	76%	40%	36.6 (19.7 to 53.5)	<0.001
*KOOS = Knee Injury and Osteoarthritis Outcome Score (range, 0 [worst] to 100 [best]), CI = confidence interval; Short-Form (SF)-36 scores range from 0 (worst) to 100 (best); Tegner Activity Scale ranges from 1 (least strenuous) to 10 (high knee-demanding activity on a professional level); Lachman test score ranges from 0 (normal laxity) to 3 (severely increased laxity); pivot-shift test score ranges from 0 (normal stability) to 3 (severely increased instability).				