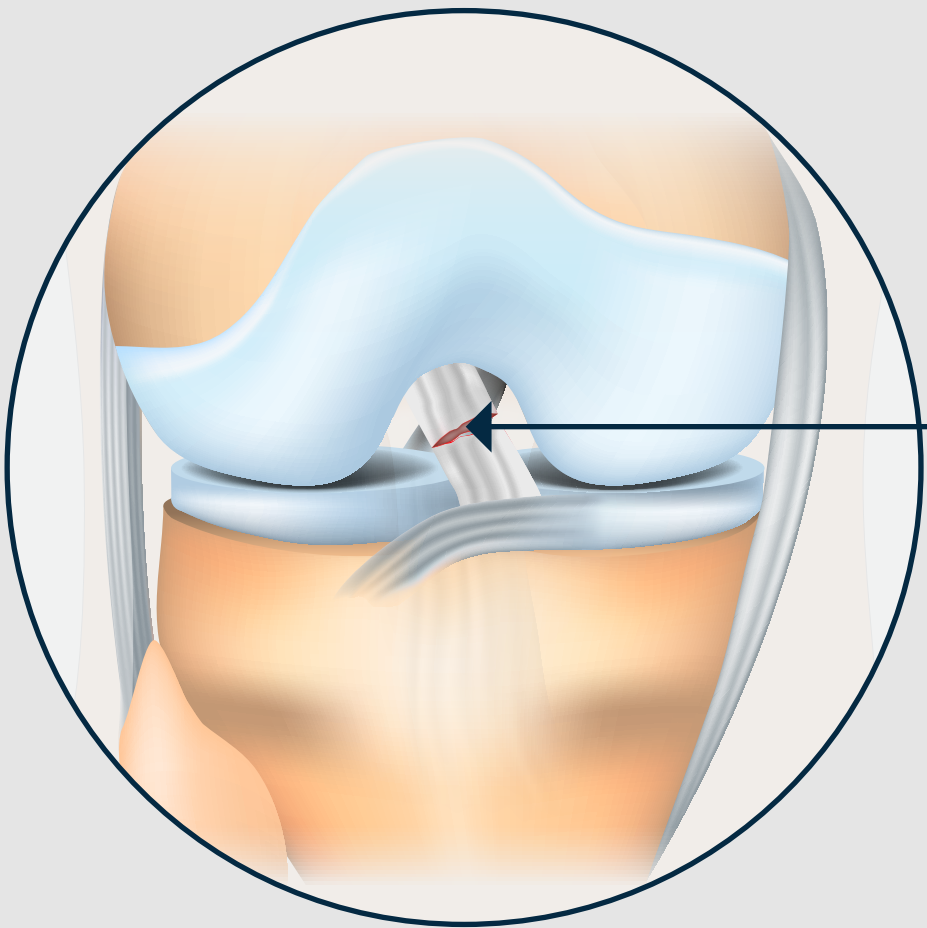
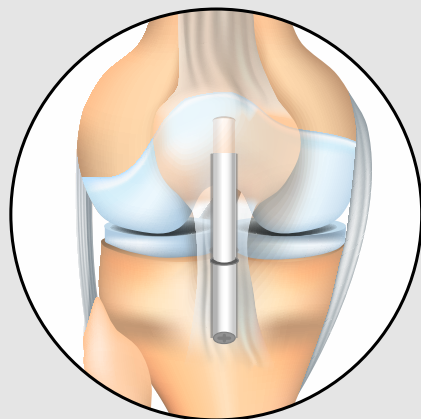


Comparison of Five-Year Outcomes Following Three ACL Reconstruction Techniques

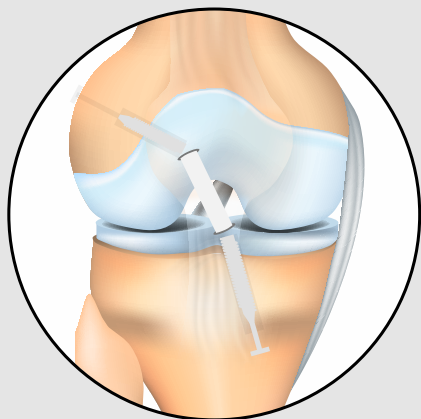


Anterior cruciate ligament (ACL)

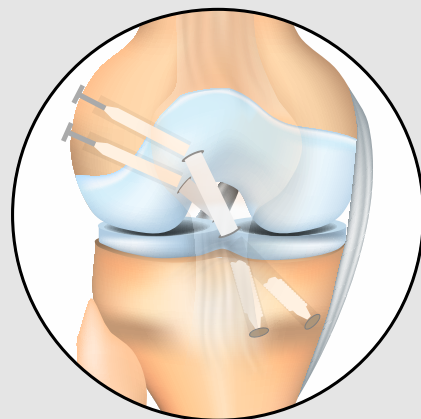
Study evaluated the 5-year outcomes of 315 patients treated for complete ACL ruptures using...



Patellar tendon (PT)



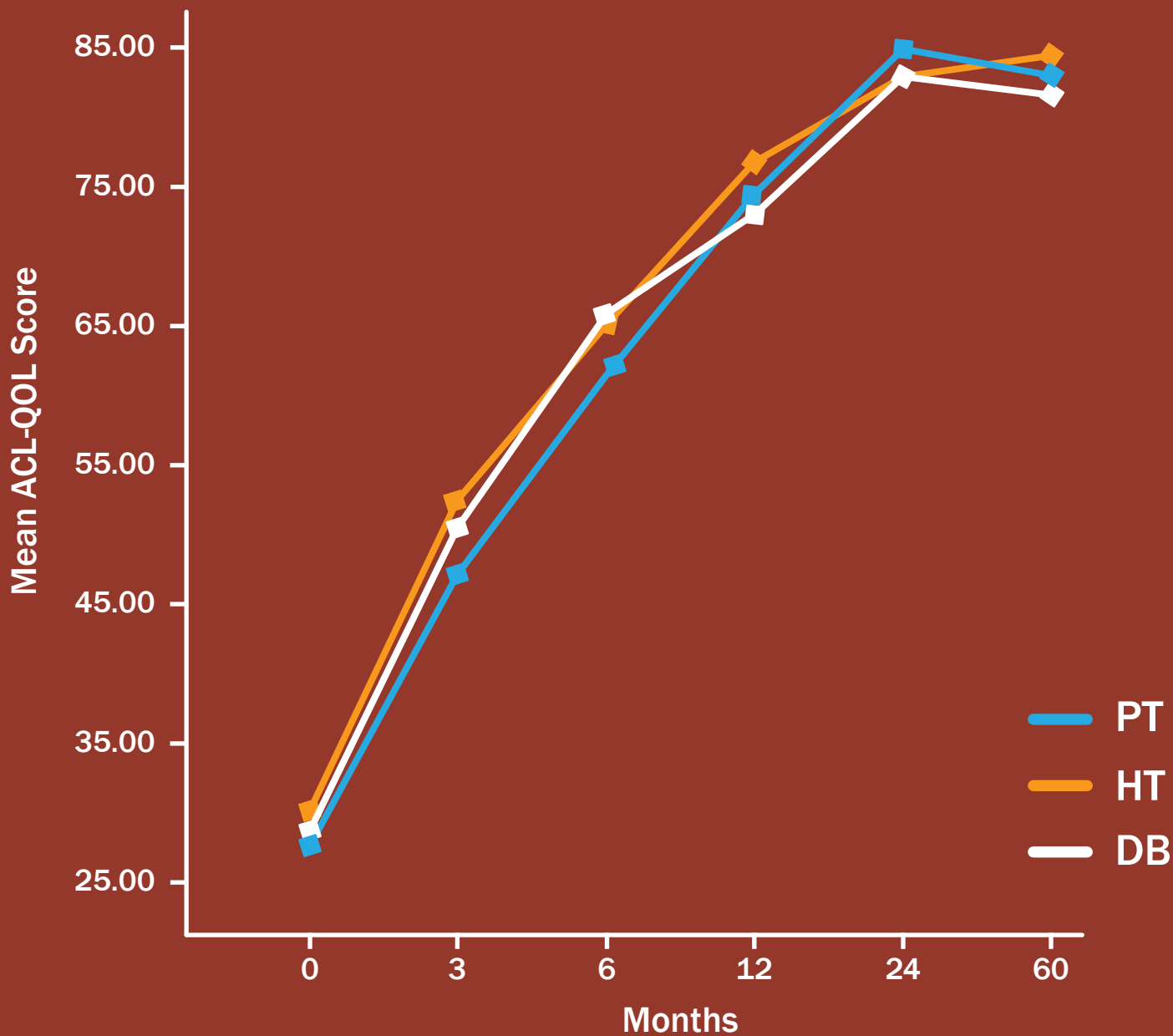
Single-bundle hamstring tendon (HT)



Double-bundle hamstring tendon (DB)

Primary outcome: Anterior Cruciate Ligament-Quality of Life (ACL-QOL) score

All three groups showed improved 5-year ACL-QOL scores, but no differences between groups at 5 years



PT group reported more moderate to severe kneeling pain, while more traumatic ACL reinjuries occurred in the HT and DB groups

Secondary outcomes	PT	HT	DB
% of patients with a normal or nearly normal IKDC grade	87%	82%	75%
Pivot shift (of ≥2)	12%	16%	22%
Kneeling pain	10%	4%	2%
Traumatic reinjury	4%	15%	16%



Disease-specific quality of life at 5 years is not different, but PT reconstruction is recommended for younger patients with a high risk of reinjury

A Randomized Clinical Trial Comparing Patellar Tendon, Hamstring Tendon, and Double-Bundle ACL Reconstructions. Patient-Reported and Clinical Outcomes at 5-Year Follow-up

Mohtadi et al. (2019)

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