

Prospective Comparison of Pain Scores: ACL Primary Repair and Reconstruction

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Boston
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HSS

DISCLOSURES

- **Rilk S.:** None
- **Vermeijden H.D.:** None
- **Holuba K.:** None
- **Yang X.A.:** None
- **O'Brien R.J.:** None
- **Van der List J.P.:** None
- **DiFelice G.S.:** Paid Arthrex consultant

OBJECTIVE

To prospectively assess post-operative pain scores and opioid use between patients undergoing ACL primary repair for proximal tears and ACL reconstruction.

METHODS

ACL preservation algorithm

- ACL primary repair with suture augmentation
- ACL reconstruction (HT or QT autograft)

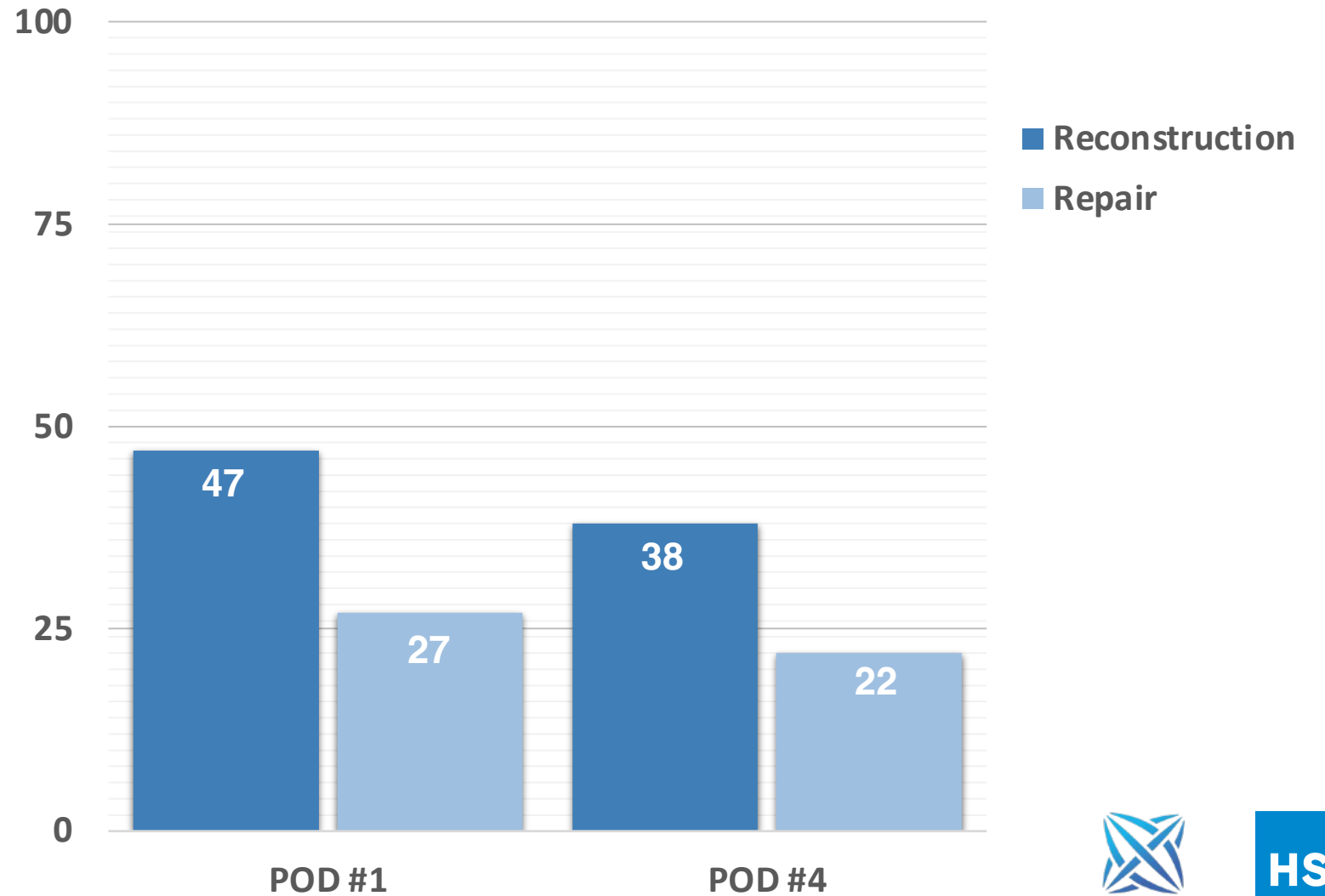
Standardized peri-/post-OP analgesia protocol

Outcome measurements

- Pain scores (visual analog pain scale)
- Total # of opioids recorded via mobile app
- QoR-15 survey

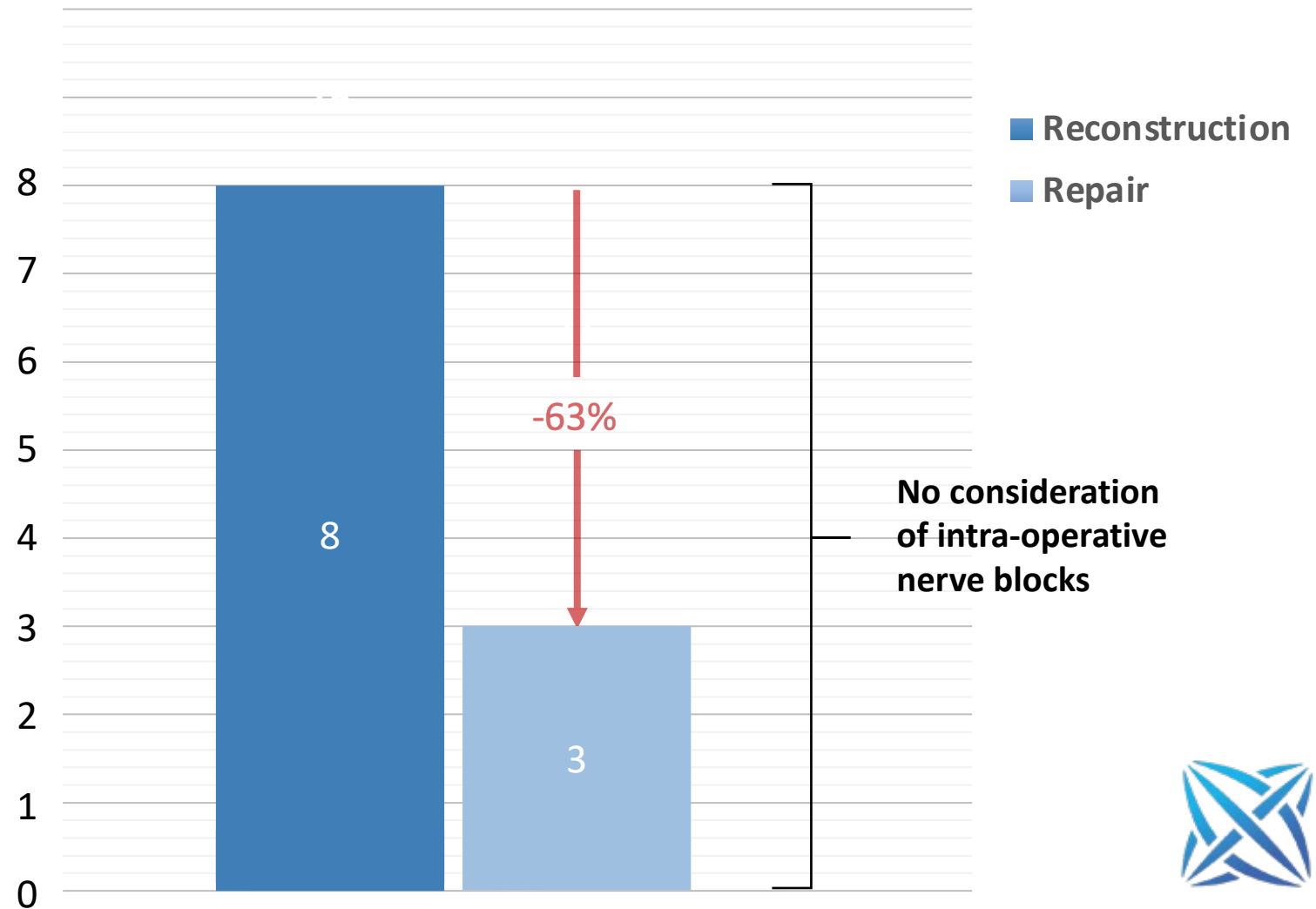
RESULTS

Differences in Post-Operative Pain Scores



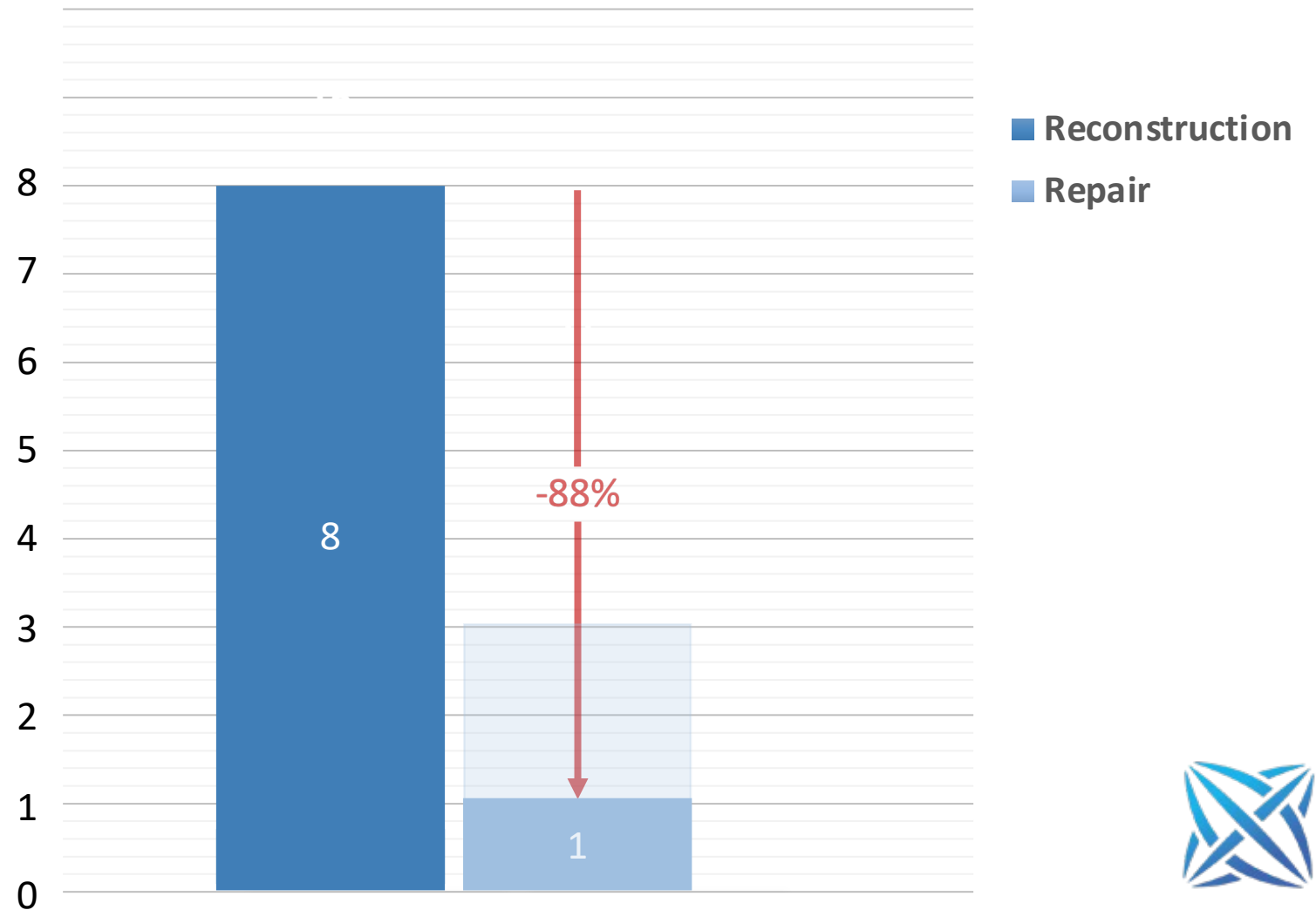
RESULTS

Average Number of Opioid Tablets Consumed (POD 14)



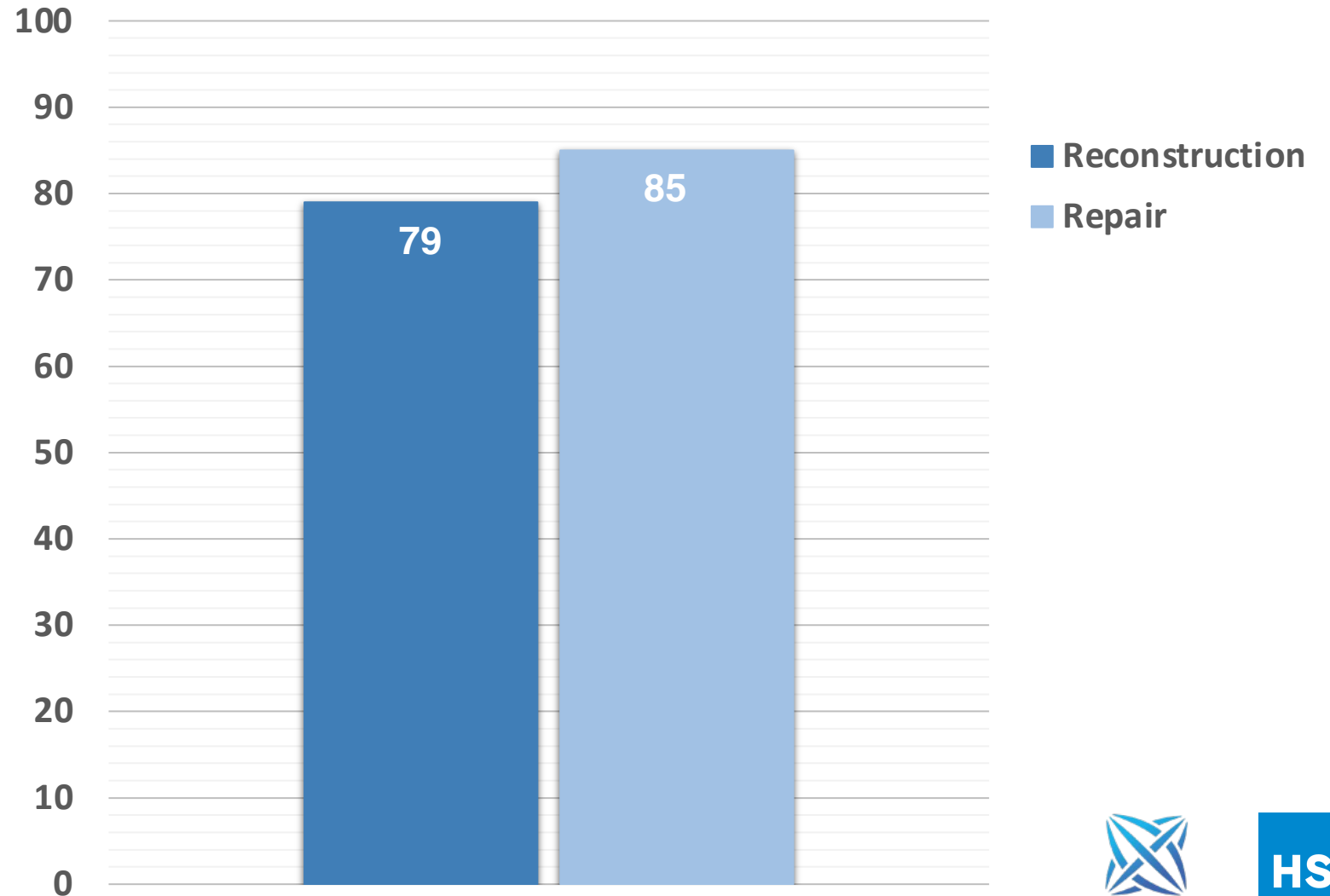
RESULTS

Average Number of Opioid Tablets Consumed (POD 14) ACL repair w/ nerve block vs. ACL recon w/ nerve block



RESULTS

Quality of Recovery at Latest Follow-Up



CONCLUSION

ACL primary repair is correlated with:

↑ **Improved quality of recovery**

↓ **Less post-operative pain**

↓ **88% less overall total opiates**

Special Thanks

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Anne Jonkergouw, MD

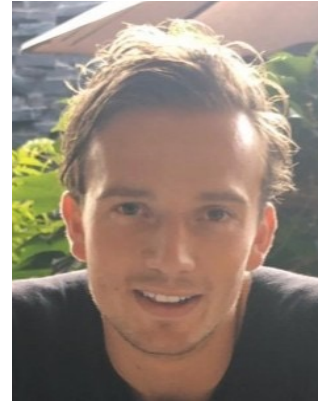
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Sebastian Rilk, MD

Cash Goodhart, BS



Thank you

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