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ACL Reconstruction in Patients Over 50: Functional Outcomes and Complication Rates of Bone-Patellar Tendon-Bone vs Hamstring Autografts

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Faculty Disclosure Information

- The author, Rodrigo Olivieri, reports speaking fees from Johnson & Johnson Medtech.
- The author, Carlos Rojas, reports speaking fees from Johnson & Johnson Medtech.
- The remaining authors declare no conflicts of interest.



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Introduction

ACL ruptures → common ligament injury

✓ Incidence 68.6/100.000 person/year

↑ Life expectancy and demand for sports activities in older patients 🧑

Most ACLR studies → <50 years patients



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Objective

Evaluate and
compare
Functional
Outcomes

Patients > 50
years

ACL-R
(BPTB/HT
autograft)

Secondary Objectives:
Complications and
need to reintervention



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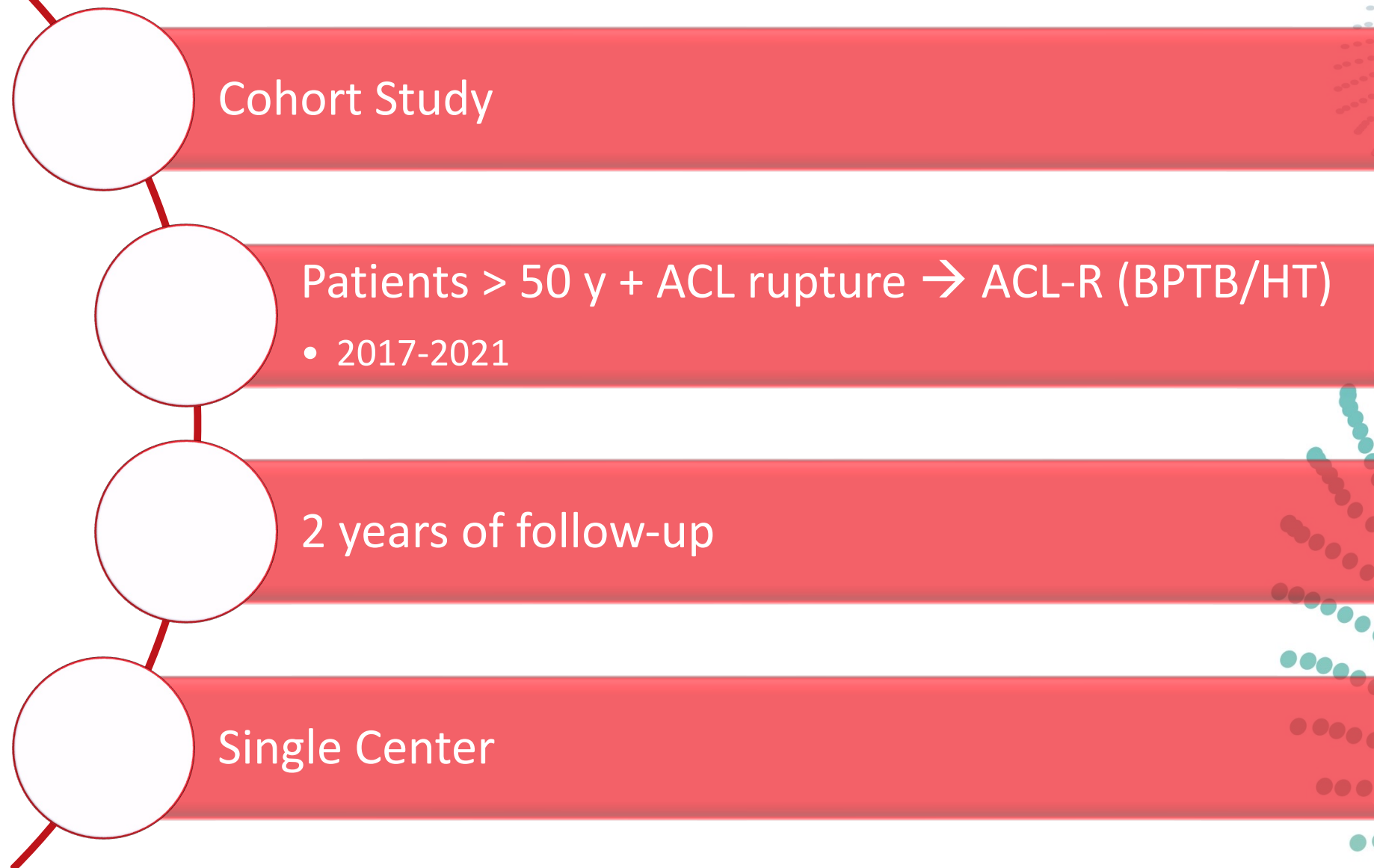


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Methods



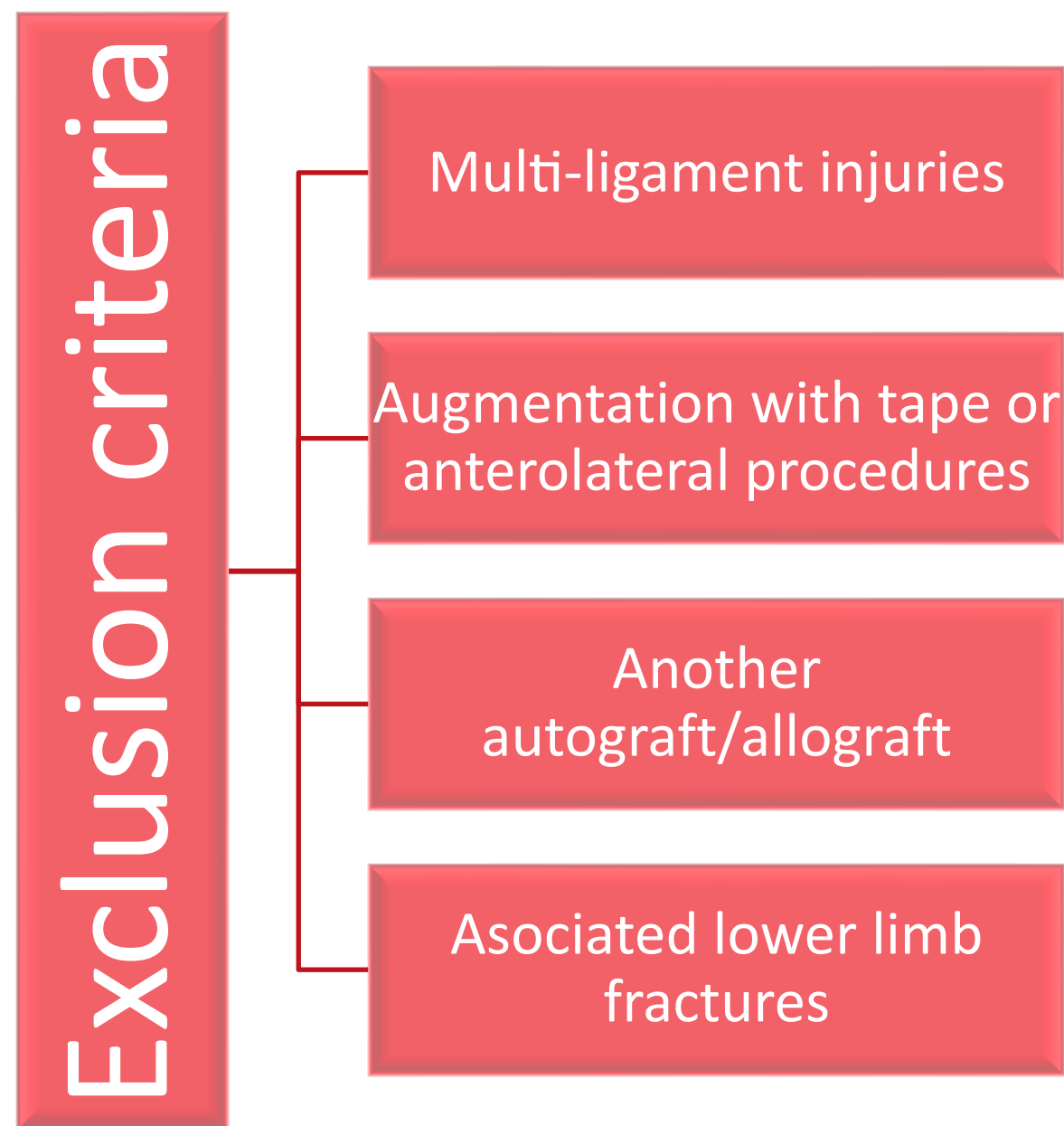
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Methods



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Methods

Patient demographics, surgical technique, complications, and reinterventions were recorded

Primary OC → difference in functional outcomes at 2 years post-surgery (Lysholm and KOOS QoL scales)

- Chi-square test → statistical differences (categorical variables)
- Mann Whitney test → continues variables
- $P < 0.05$



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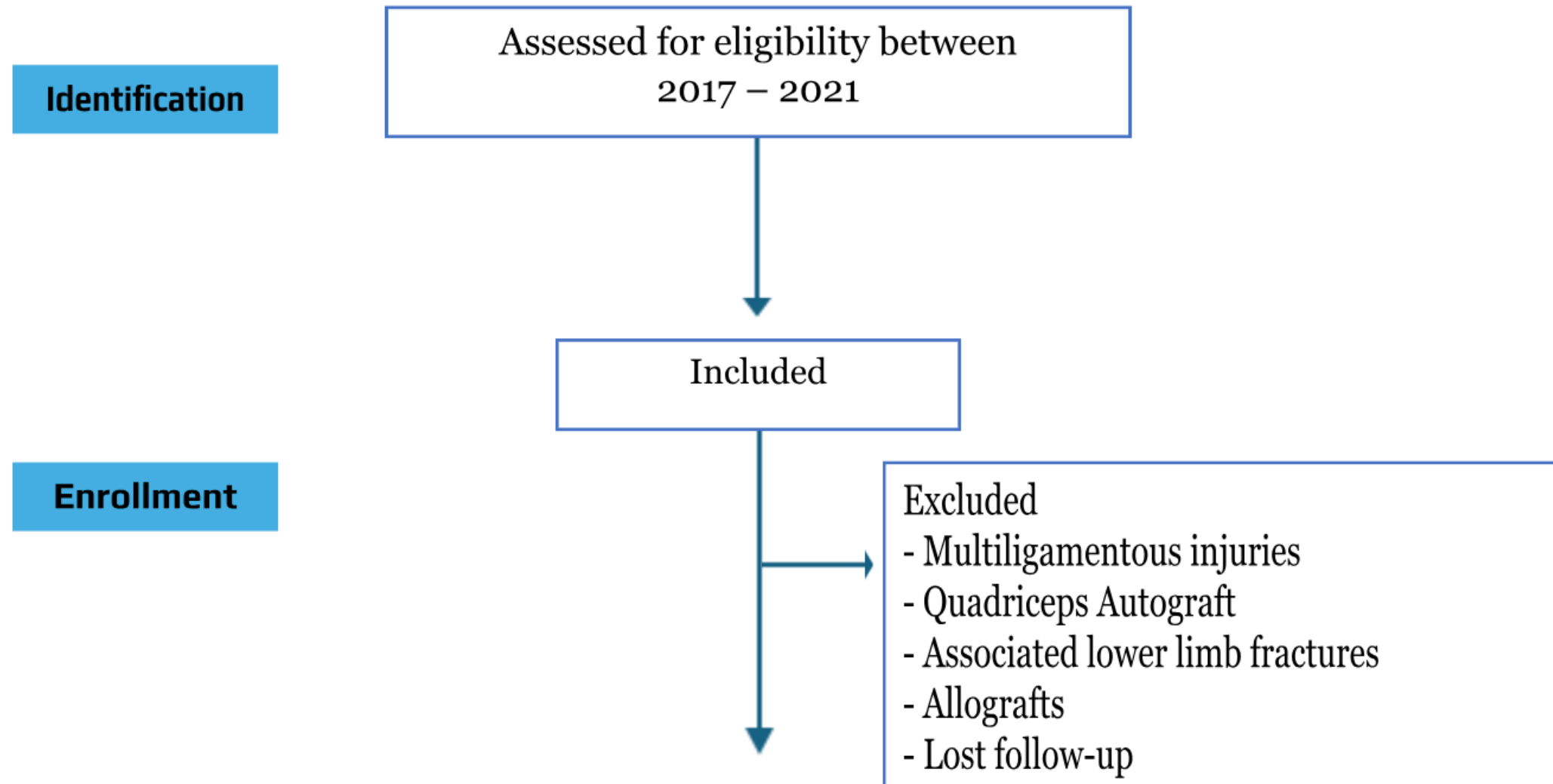


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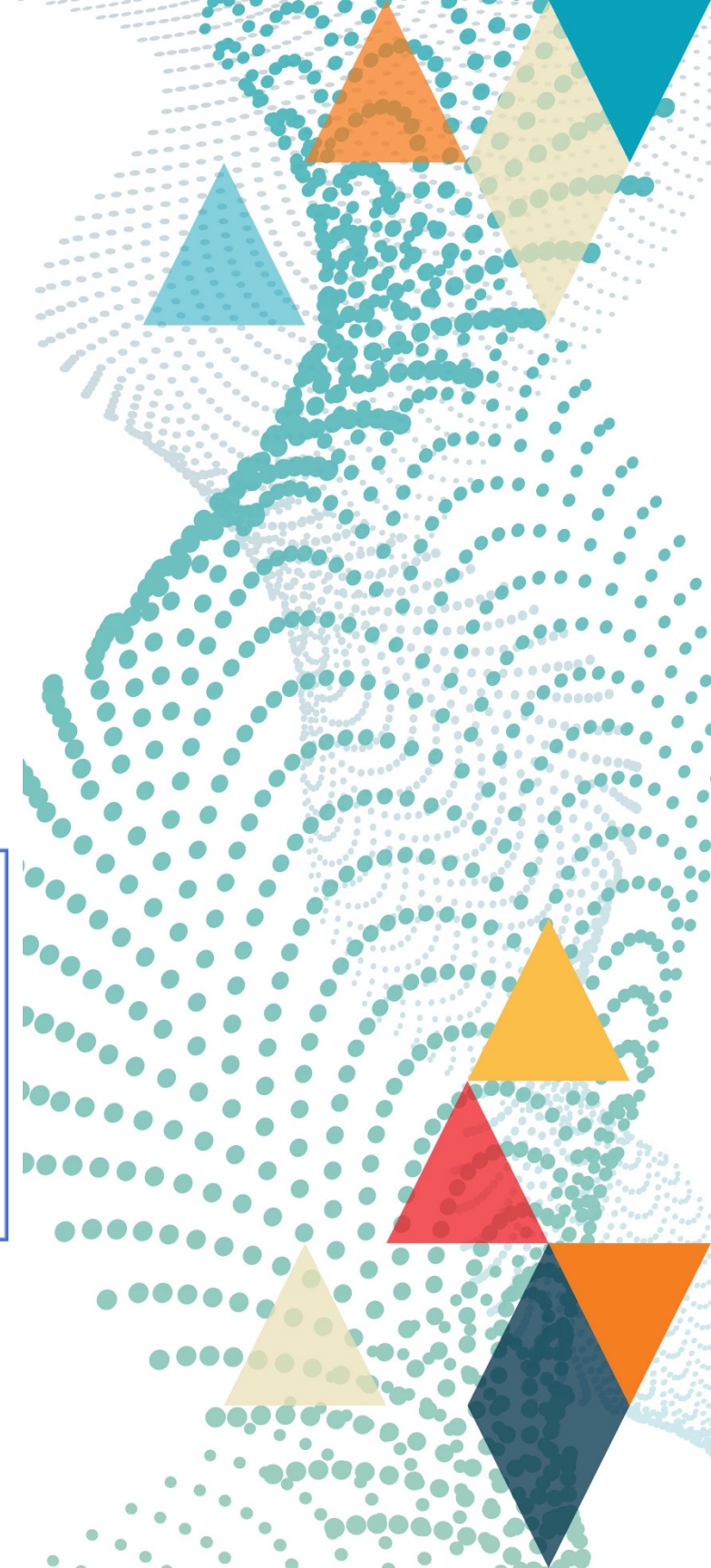
Results



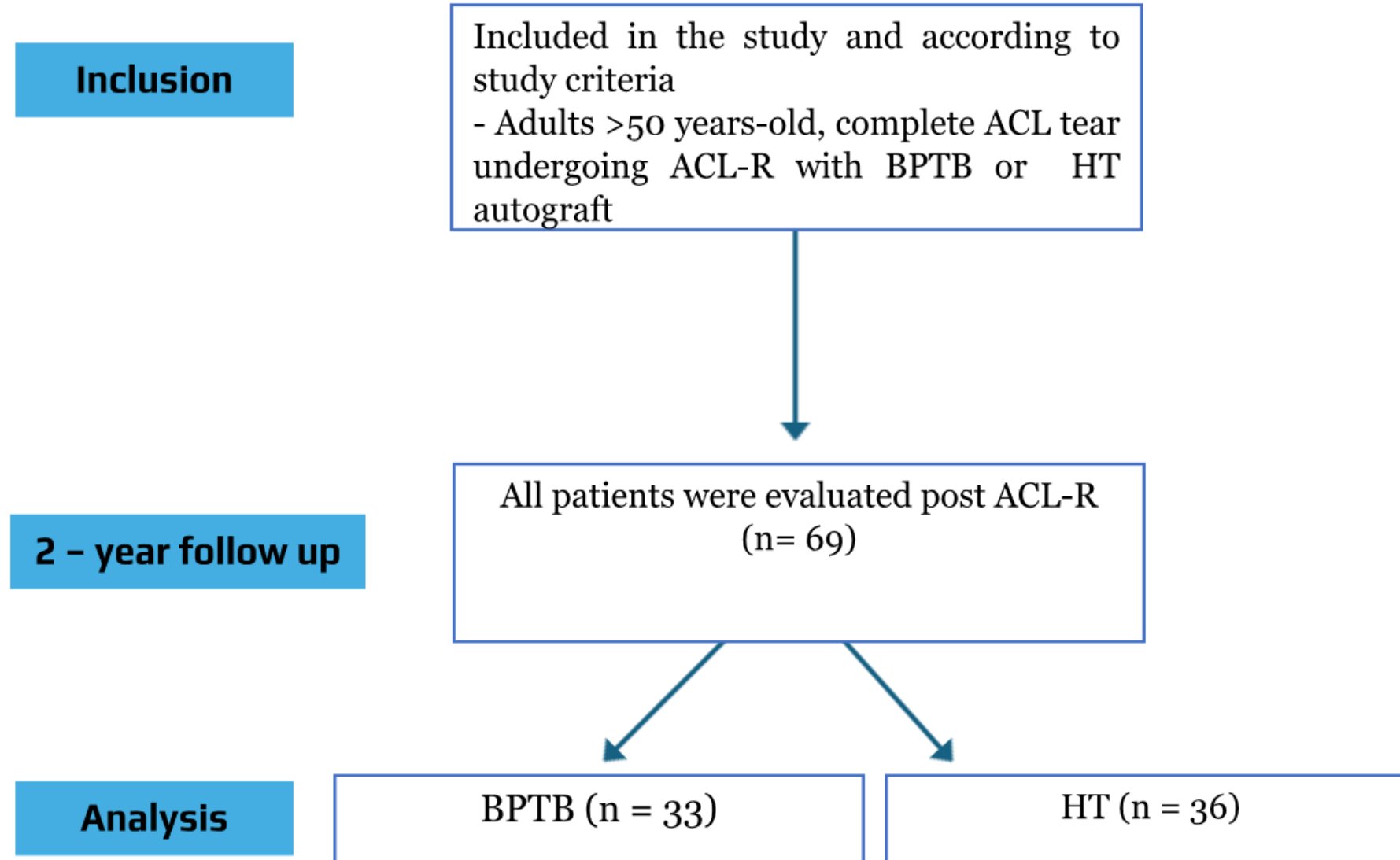
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Results



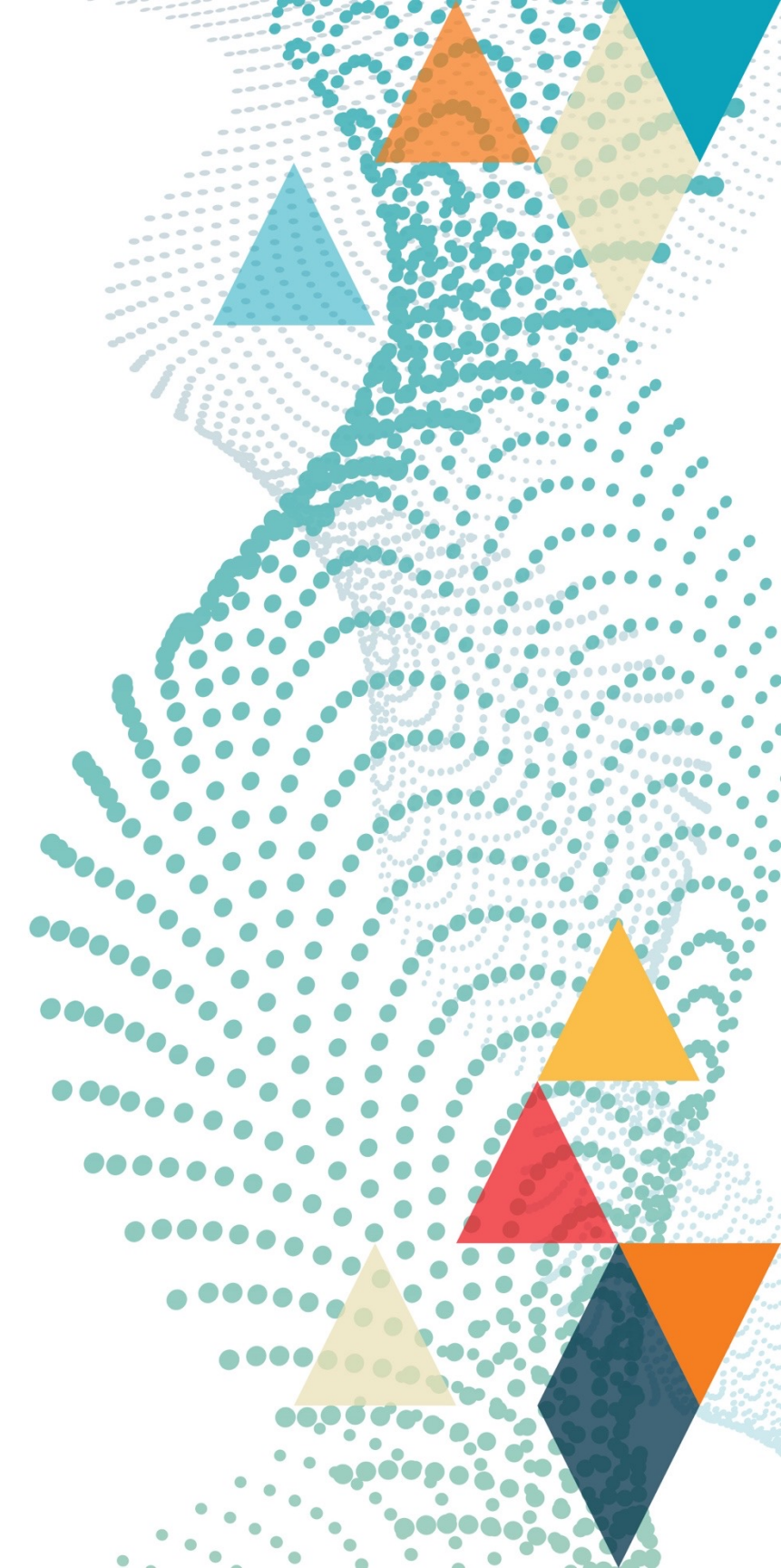
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Results

BPTB

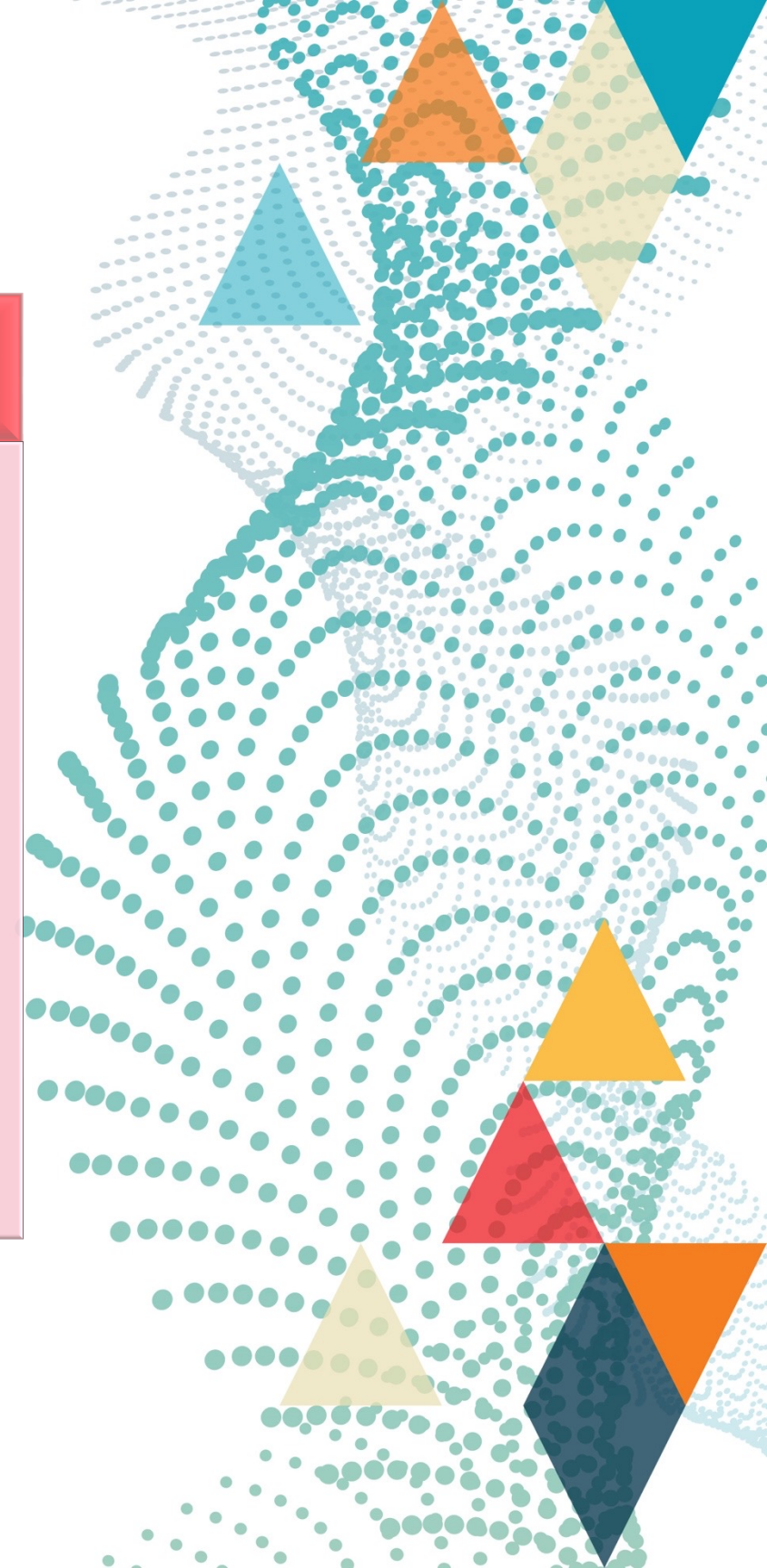
- Median age 53 years (50-66)
- 63.6% of men
- Lysholm 94
- KOOS QoL 75
- 1 stiffness (arthrolysis)
- 1 cyclops

HT

- Median age 53.5 years (50-62)
- 58.3% of men
- Lysholm 90
- KOOS QoL 65.62
- 1 graft re-rupture
- 3 stiffness (arthrolysis)
- 1 cyclops

Comparison

- Lysholm p=0.363
- KOOS QoL p=0.445
- No significant difference in complications



Conclusions

✓ BPTB and HT reconstructions techniques demonstrated good functional OC

✓ Low complications rates in patients over 50 years old with surgically managed ACL rupture

→ SOON Future prospective, randomized studies are required to confirm these findings



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