



ISAKOS
CONGRESS
2025



MUNICH
GERMANY
June 8-11

YOUTH MALE FOOTBALL PLAYERS UNDERGOING ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION DEMONSTRATE HIGH RATES OF RETURN TO SPORT AND PROGRESSION TO PROFESSIONAL LEVEL FOOTBALL

Gabriel Furlan Margato MD, Gilvan Rodrigues da Silva Nunes MD,
Davi Casadio MD (presenter), Moises Cohen MD, PhD,
Prof., Diego Costa Astur MD, PhD

Universidade Federal de São Paulo – UNIFESP/EPM
Departamento de Ortopedia e Traumatologia - DOT
Centro de Traumatologia Esportiva – CETE



BRAZIL





Faculty disclosure

- Nothing to Disclose



ISAKOS
CONGRESS
2025



MUNICH
GERMANY
June 8–11

Purpose

Progression of young male football players after ACL reconstruction

Return to sport (RTS)

Professional advancement

Surgical outcomes

Follow-up: 2 years, at least



ISAKOS
CONGRESS
2025



MUNICH
GERMANY
June 8-11

Methods

163 male athletes

29 professional
football clubs

Follow-up:
2015 –2021



Evaluation:

Age category at
injury

Type of graft used

Rate of re-rupture
and revision

Return to sport and
career progression

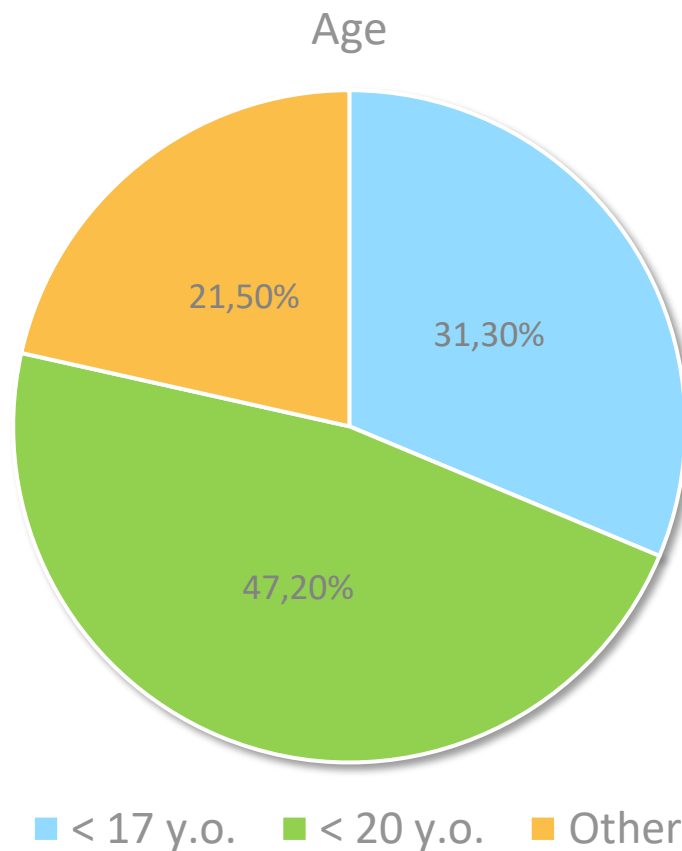


ISAKOS
CONGRESS
2025

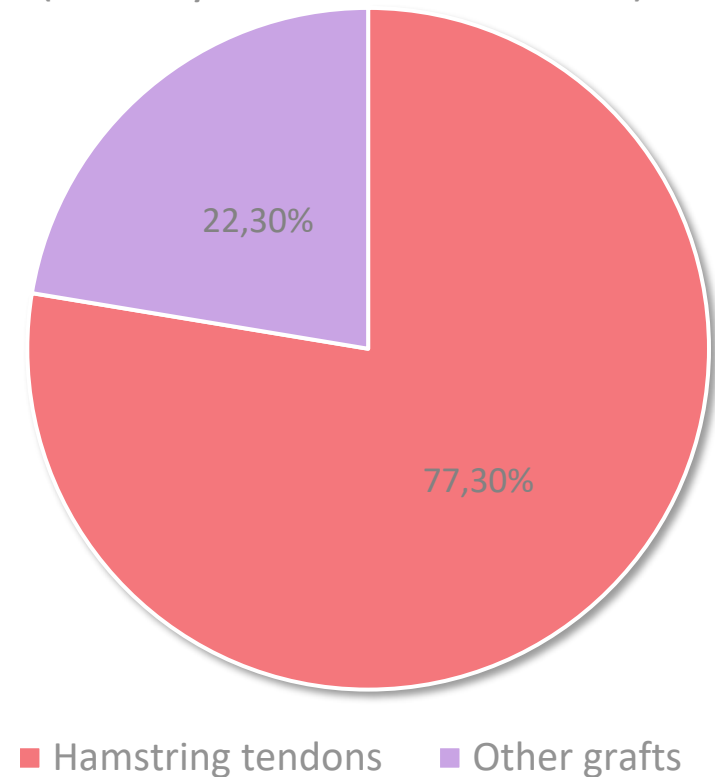


MUNICH
GERMANY
June 8–11

Results



Graft Type
(Primary ACL Reconstructions)

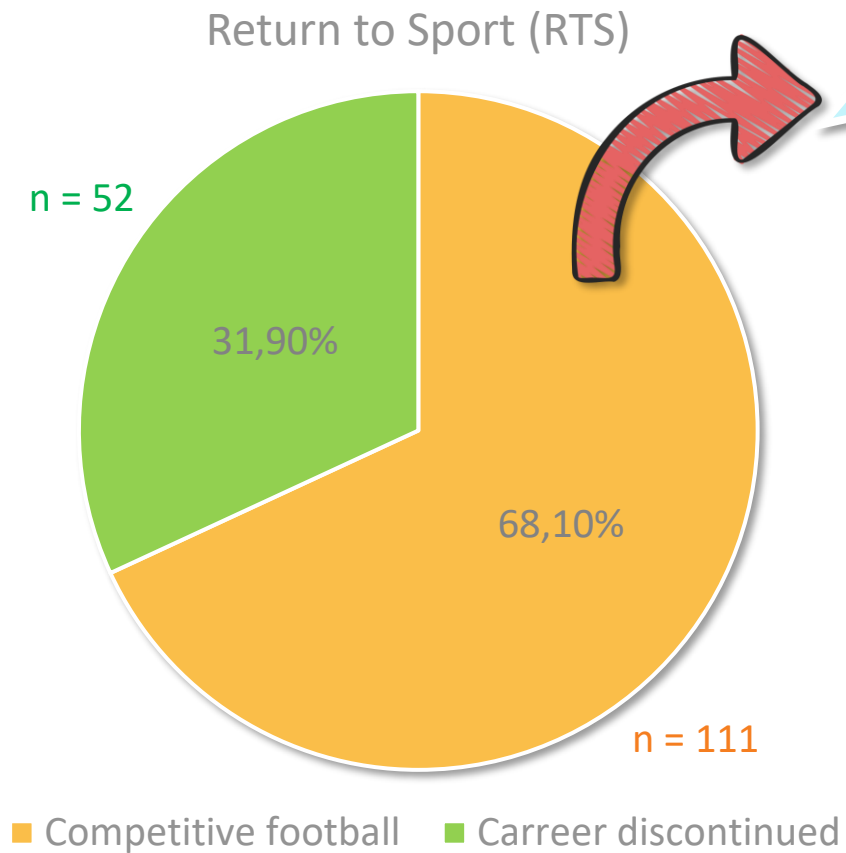


ISAKOS
CONGRESS
2025



MUNICH
GERMANY
June 8-11

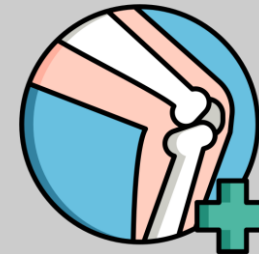
Results



40
(24,5%) achieve
adult elite level



8
required ACL
revision surgery



ISAKOS
CONGRESS
2025



MUNICH
GERMANY
June 8-11

Conclusions

ACL reconstruction
allowed
68.1% of youth players
to return to football.

Among RTS players,
83.3% remained active
in the professional adult
league.

Most injuries occurred in
U-17 and U-20 categories,
often treated with
hamstring tendon grafts.

Revision rate at the elite
level at 20%



ISAKOS
CONGRESS
2025



MUNICH
GERMANY
June 8-11

References

- Sandon A, Söderström T, Stenling A, Forssblad M. Can Talented Youth Soccer Players Who Have Undergone Anterior Cruciate Ligament Reconstruction Reach the Elite Level? Am J Sports Med. 2021 Feb;49(2):384-390. doi: 10.1177/0363546520976651. Epub 2020 Dec 17. PMID: 33332148.
- Waldén M, Hägglund M, Magnusson H, Ekstrand J. ACL injuries in men's professional football: a 15-year prospective study on time trends and return-to-play rates reveals only 65% of players still play at the top level 3 years after ACL rupture. Br J Sports Med. 2016 Jun;50(12):744-50. doi: 10.1136/bjsports-2015-095952. Epub 2016 Mar 31. PMID: 27034129.
- Della Villa F, Hägglund M, Della Villa S, Ekstrand J, Waldén M. High rate of second ACL injury following ACL reconstruction in male professional footballers: an updated longitudinal analysis from 118 players in the UEFA Elite Club Injury Study. Br J Sports Med. 2021 Dec;55(23):1350-1356. doi: 10.1136/bjsports-2020-103555. Epub 2021 Apr 12. PMID: 33846157; PMCID: PMC8606446.



ISAKOS
CONGRESS
2025



MUNICH
GERMANY
June 8–11