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# Primary ACL Reconstruction And Conservative MCL Treatment Results In Higher Failure Rates Than Simultaneous Primary ACLR And MCL Reconstruction: A Retrospective Cohort

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# Faculty Disclosure Information

- Nothing to disclosure.



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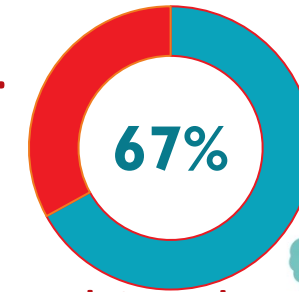


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# INTRODUCTION

## Background

- ACL is the most injured ligament in the knee, while isolated ACL injury is rare. The most common ligamentous knee injury is a combined ACL and MCL injury.
- MCL injuries are seen in up to 67% of patients with ACL injuries.
- Many authors support conservative treatment of MCL tears in cases of combined ACL and MCL injury.
- There is controversy regarding the optimal treatment of MCL injuries.



## Aim

- We aimed to compare the short-term results of ACLR and conservative MCL treatment with simultaneous ACLR and MCL reconstruction.



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# METHODS

## Study Date

Sep. 2018 >>>>>>>> Aug. 2023

## Study Population

**110 patients with ACL and MCL injury**

- ACLR & conservative MCL treatment (n = 67)
- ACLR + MCLR (n = 43)



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# ELIGIBILITY

## Inclusion criteria

$15 \leq \text{Age} \leq 55$  years

Combined ACL and MCL injury

Undergoing either primary arthroscopic ACLR or simultaneous ACLR & MCLR

## Exclusion criteria

Simultaneous ACLR and ALLR

Previous history of knee surgery

ACL repair

Age < 15 years

Age > 55 years

Revision surgery

Open ligament reconstruction



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# OUTCOME MEASURES

- Age
- Sex
- Side
- Postoperative ROM
- Lysholm score
- Subjective IKDC
- Pain intensity (VAS)
- Return to sports
- Return to work
- Activity level (Marx Activity Scale)
- Graft failure

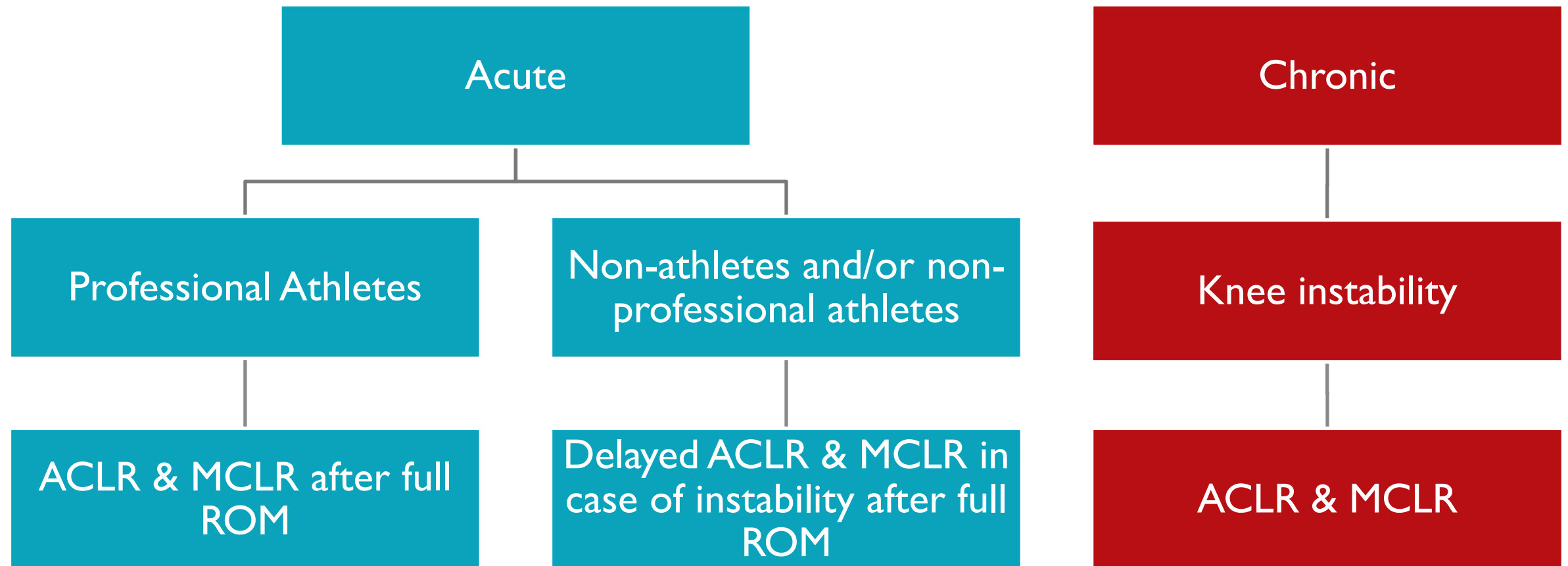


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# PATIENT SELECTION



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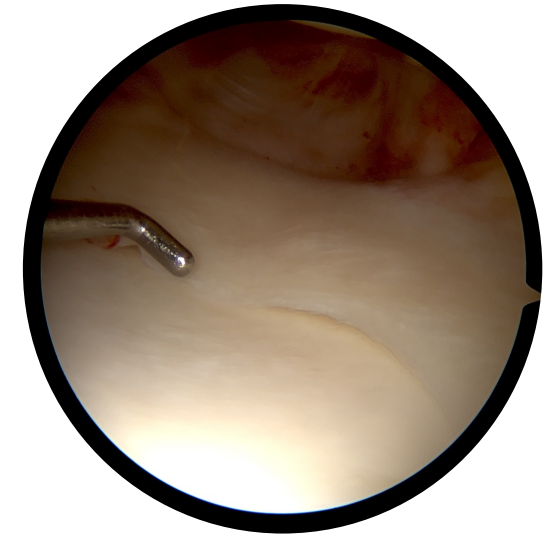
# DIAGNOSIS



Ph/E



MRI



Arthroscopy



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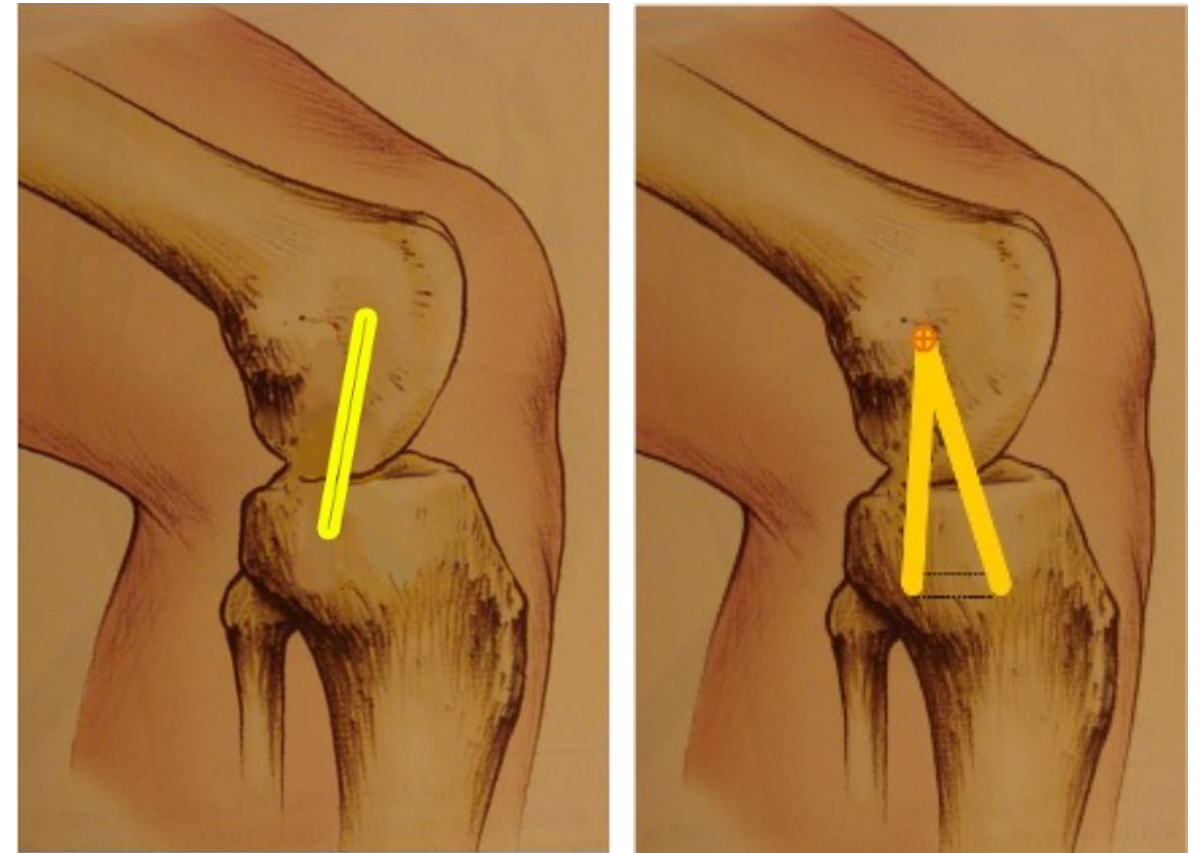


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# SURGICAL PROCEDURE

- BTB ACLR
- Tibialis posterior allograft MCL and/or POL reconstruction
- Meniscus surgery (if needed)



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# RESULTS

Variable	ACLR (n = 67)	ACLR + MCLR (n = 43)	P
Age (yrs)	26.68 ± 8.50	28.89 ± 9.88	0.216
Sex (M/F)	59/8	33/10	0.118
Side (Rt/Lt)	39/28	22/21	0.468
MCL laxity grade (1/2/3+)	21/42/4	5/29/9	0.009
Follow-up (months)	28.19 ± 16.68	28.06 ± 7.42	0.958





# RESULTS

Variable	Group		P
	ACLR	ACLR + MCLR	
Post-Op extension (°)	0.12 ± 0.71	0.16 ± 0.65	0.740
Post-Op flexion (°)	129.77 ± 14.39	132.73 ± 5.31	0.132
VAS	0.85 ± 1.13	1.00 ± 1.31	0.654
Tegner-Lysholm score	95.12 ± 5.43	95.64 ± 4.01	0.696
IKDC score	77.64 ± 8.98	80.59 ± 8.65	0.212
Marx activity scale	11.33 ± 5.58	10.59 ± 6.03	0.625
Return to sports (months)	8.39 ± 4.09	7.68 ± 2.32	0.503
Return to work (months)	2.64 ± 1.51	3.38 ± 1.88	0.098



# CONCLUSION

## No Significant Difference

- Postoperative ROM
- Functional outcomes
- Pain intensity
- Return to sports
- Return to work
- Activity level



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# CONCLUSION

- Higher graft failure rate following ACLR & conservative MCL treatment
- **The need for surgical management of MCL**



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# REFERENCES

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