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Comparative Outcomes of PCL Reconstruction: BTB vs. Hamstring Tendon Grafts

Dr. Malik Ahsan Atta Awan
MBBS, FCPS(Ortho)
Lahore, Pakistan.



Faculty Disclosure Information

Nothing to disclosure...



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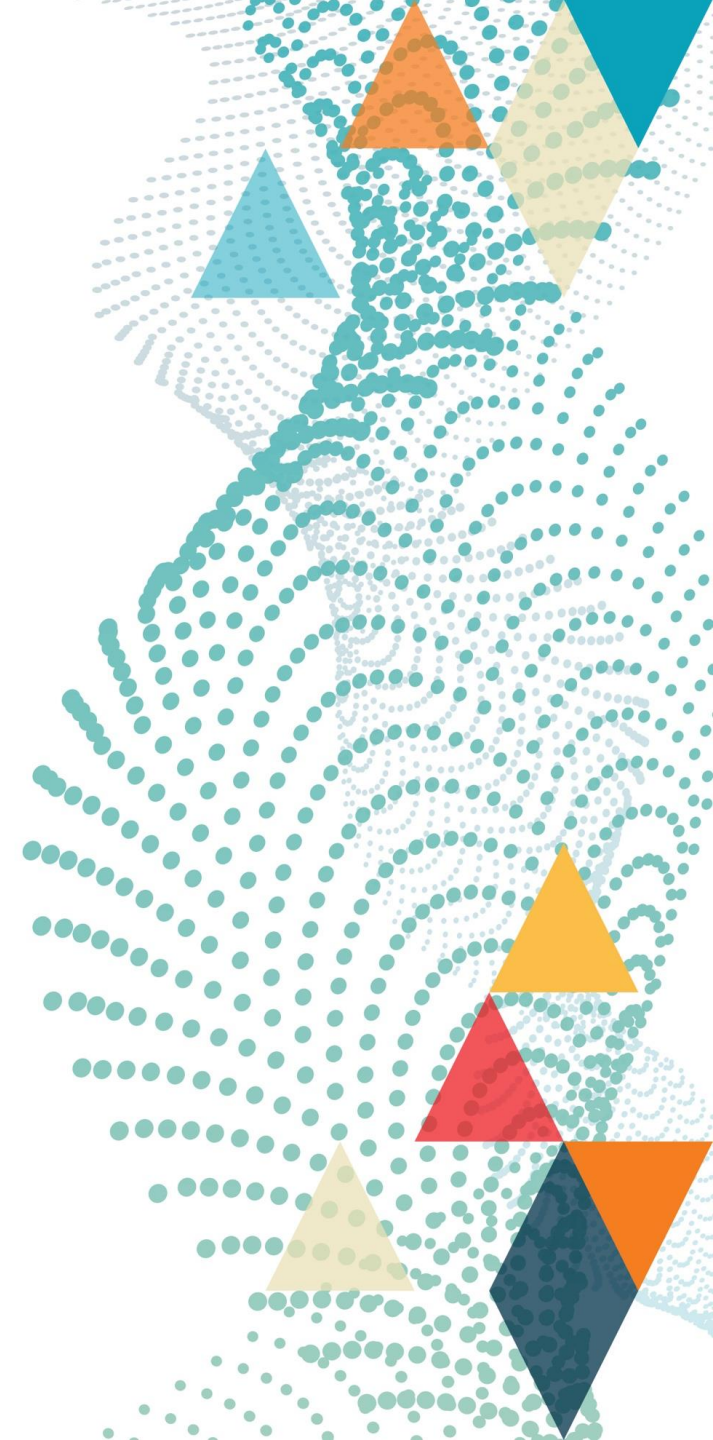
Introduction

- PCL injuries occur due to high-energy trauma (e.g., MVCs, sports).
- BTB and HT are commonly used grafts in reconstruction.
- Study compares functional outcomes of both grafts.

Methods

Retrospective study at Ghurki Trust Teaching Hospital

- 180 male patients: 90 BTB, 90 HT
- Average age: BTB = 30.75 years, HT = 27.11 years
- Follow-up: ≥ 12 months
- Outcomes: Function, pain, ROM, return to work

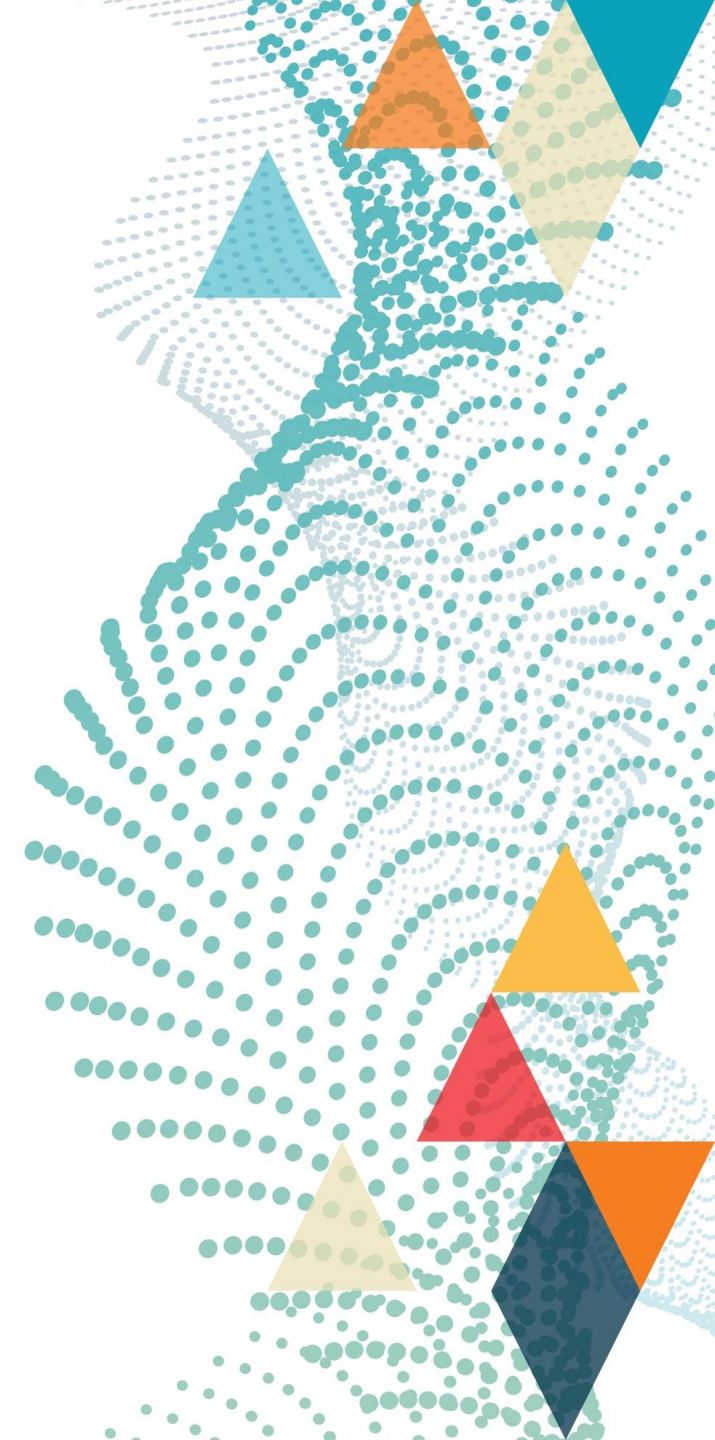


Objectives

Evaluate return to work and daily activities

Compare pain, range of motion (ROM), and residual effects

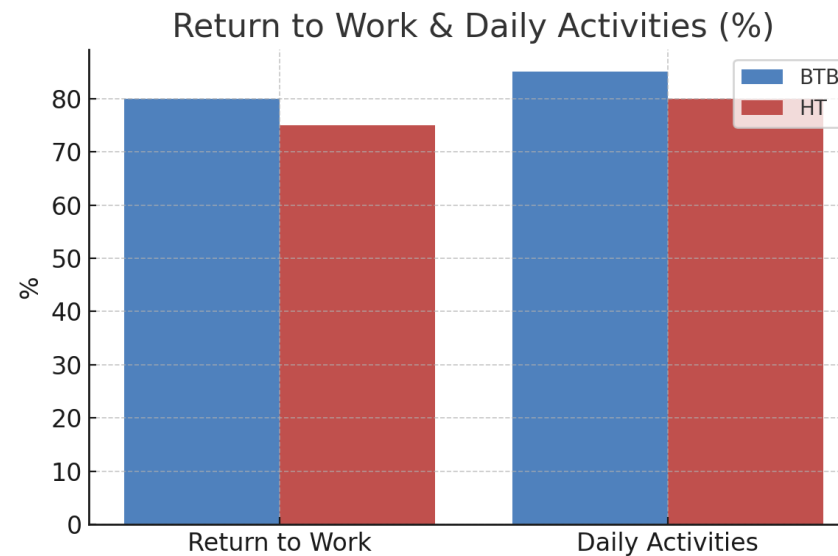
-Assess patient apprehension and functional outcomes



Return to Work & Activities

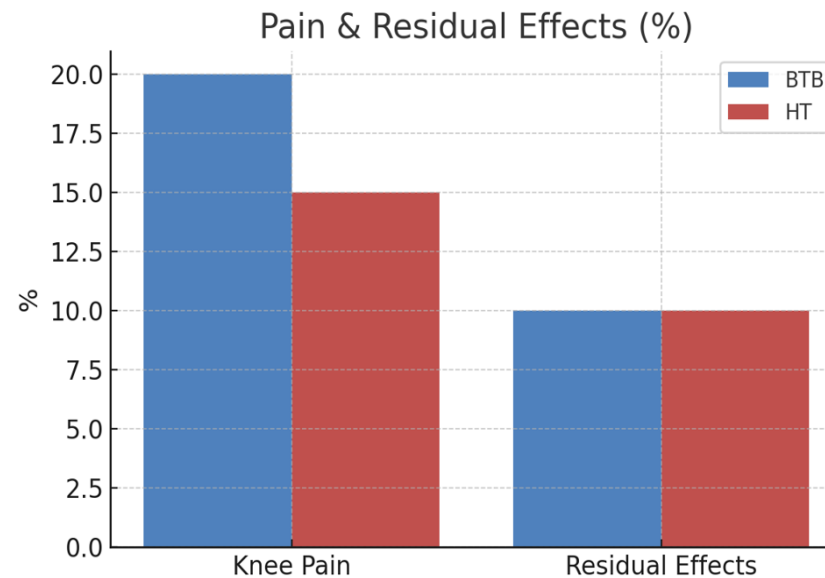
BTB: 80% (work), 85% (activities)

HT: 75% (work), 80% (activities)



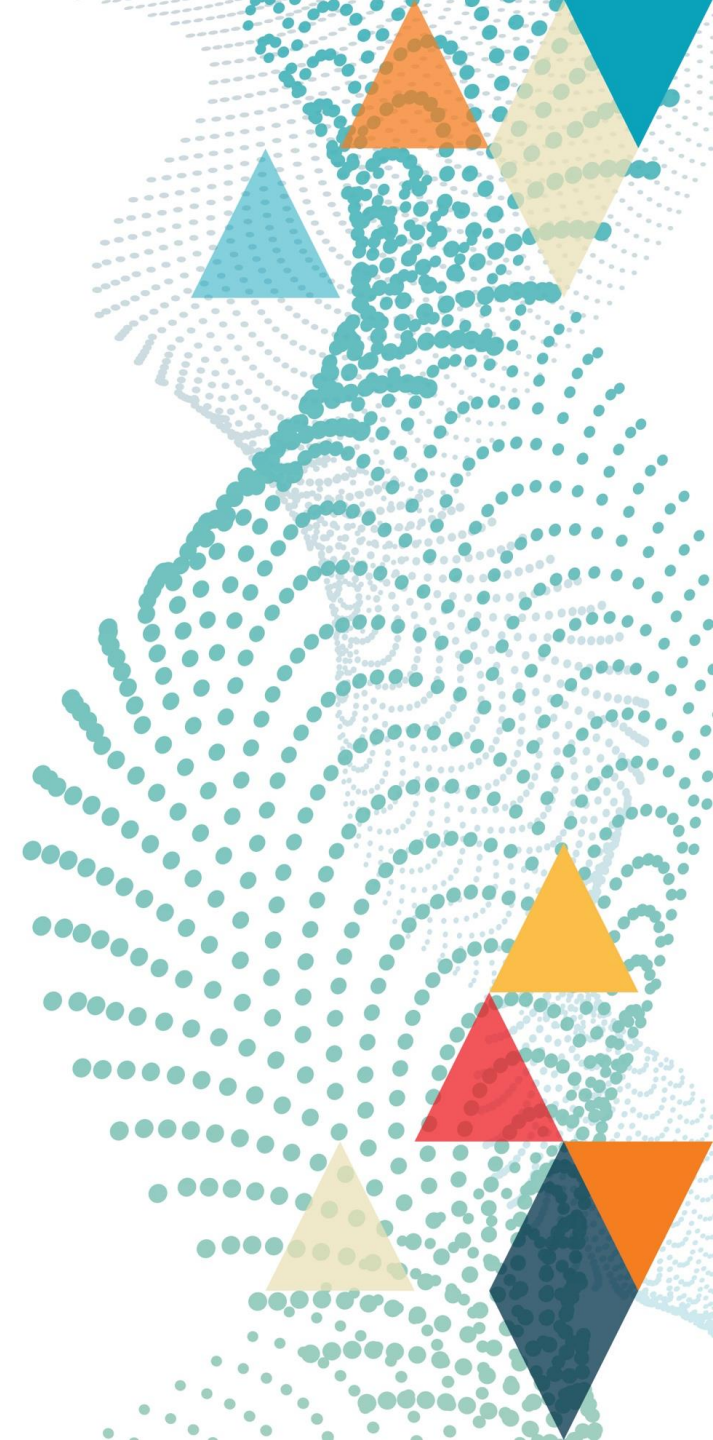
Pain & Residual Effects

- BTB: 20% knee pain, 10% residual
- HT: 15% knee pain, 10% residual



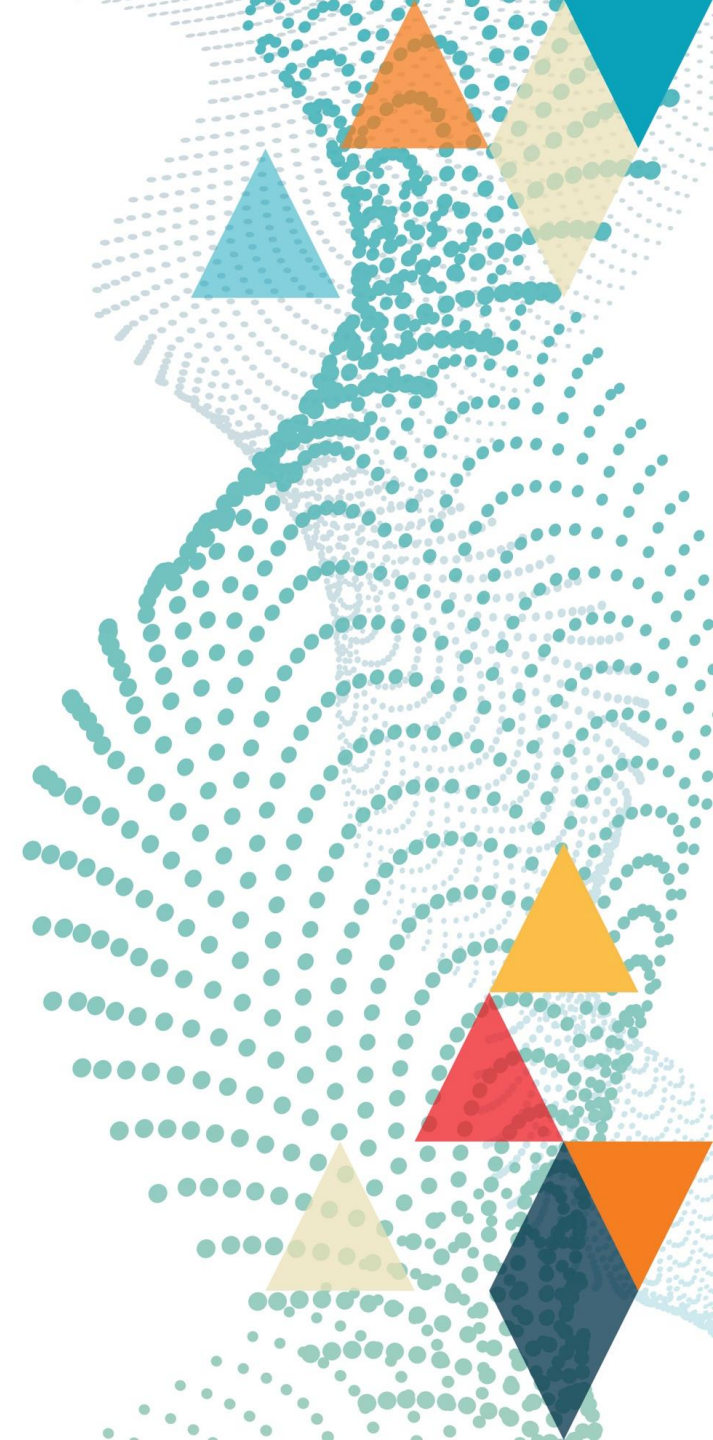
Apprehension & Functional Scores

- Apprehension: 22.2% in both groups ($p = 1.00$)
- Functional scores similar
- HT group had significantly better pain scores ($p = 0.029$)



Conclusion

- Both BTB and HT are effective for PCL reconstruction
- HT grafts associated with improved pain management
- Other outcomes (ROM, return to work) similar
- Graft choice should consider patient/surgeon factor



REFERENCES

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Hamstring, bone-patellar tendon-bone, quadriceps and peroneus longus tendon autografts for primary isolated posterior cruciate ligament reconstruction: a systematic review

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