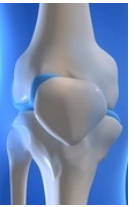


Return to play after ACL reconstruction : French Experience

Gerometta A, Khiami F, Lutz C

Dubrana F, Dromzee E, Fazilleau F, Girard J,

Herman S, Meyer N, Thoreux P, Yaoub B.



**No financial conflicts to
disclose**

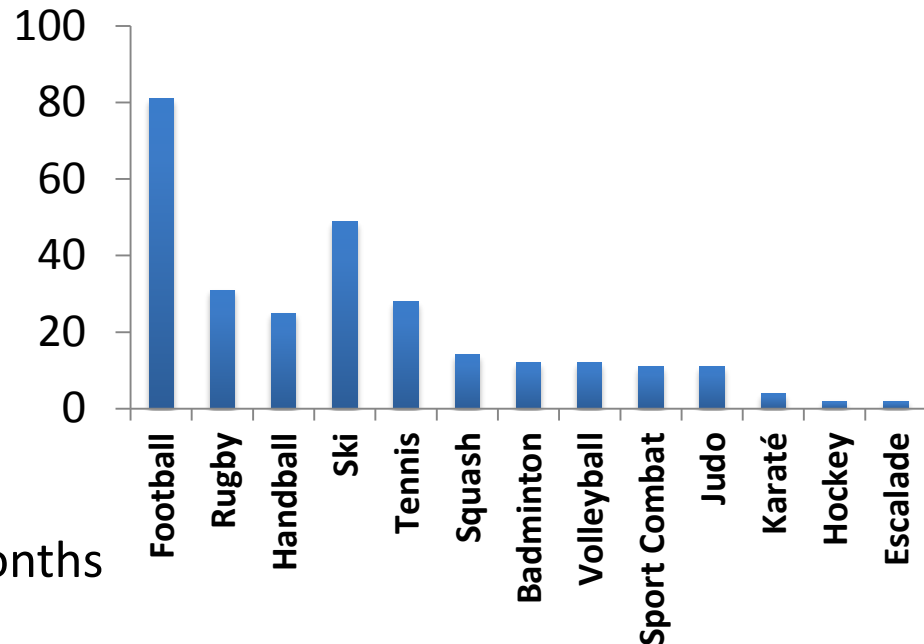


Study

- French multicentric retrospective study
- Population : athletes aged less than 50 years who underwent an ACL reconstruction from 01/2010 to 06/2012

- Methods:

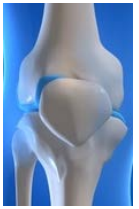
- ✓ Sex : 3 M / 1 W
- ✓ Age : 28.5 ± 9 years (16-50)
- ✓ BMI : 24.3 ± 3.3 (17.6- 36.8)
- ✓ Competitive sports : 124 patients
Recreational sports : 80 patients
- ✓ Follow-up : 23.7 ± 10.3 months
- ✓ Time before surgery : 15.8 ± 30.3 months



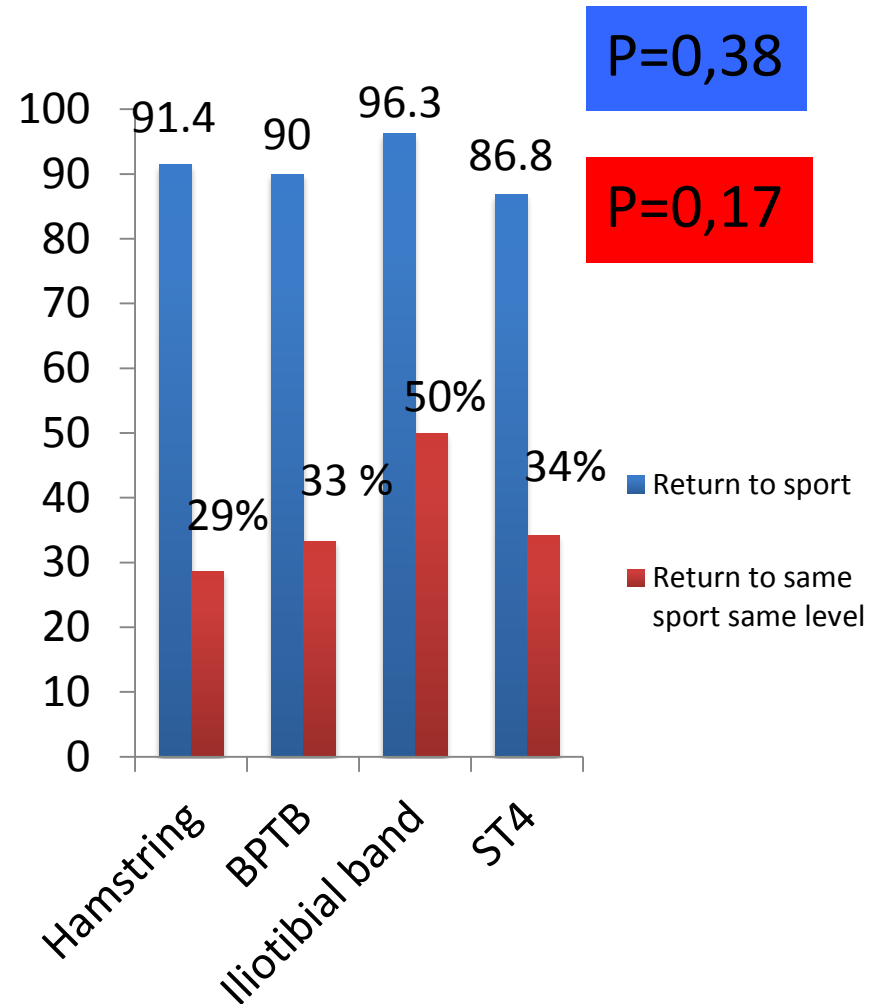
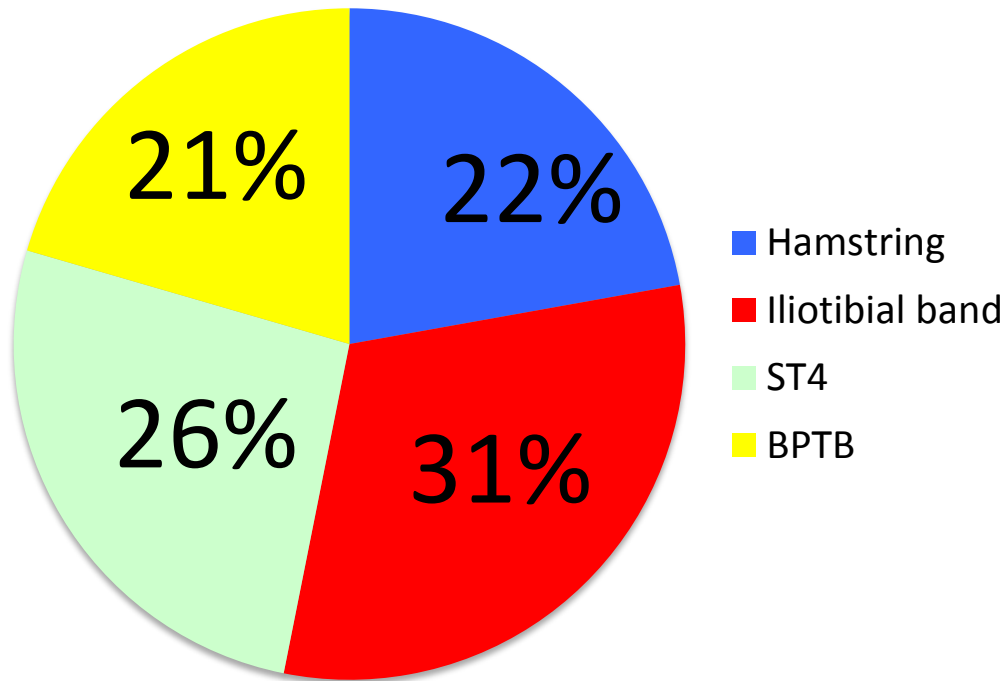


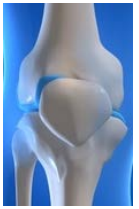
Study

- Inclusion criteria :
 - ✓ Anterior cruciate ligament rupture +/- meniscus tear
 - ✓ Age 15 to 50 years old
 - ✓ Pivot sport
 - ✓ Preinjury level : competitive or recreational
- Exclusion criteria :
 - ✓ Constitutional hyperlaxity and/or Recurvatum $> 10^{\circ}$
 - ✓ History of ligament surgery on the homolateral knee
 - ✓ Other ligaments injuries (PCL, Lateral collateral ligament)
 - ✓ Intra-articular surgery on the knee



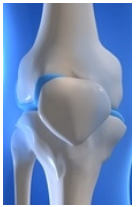
Return to sport according to ligament types



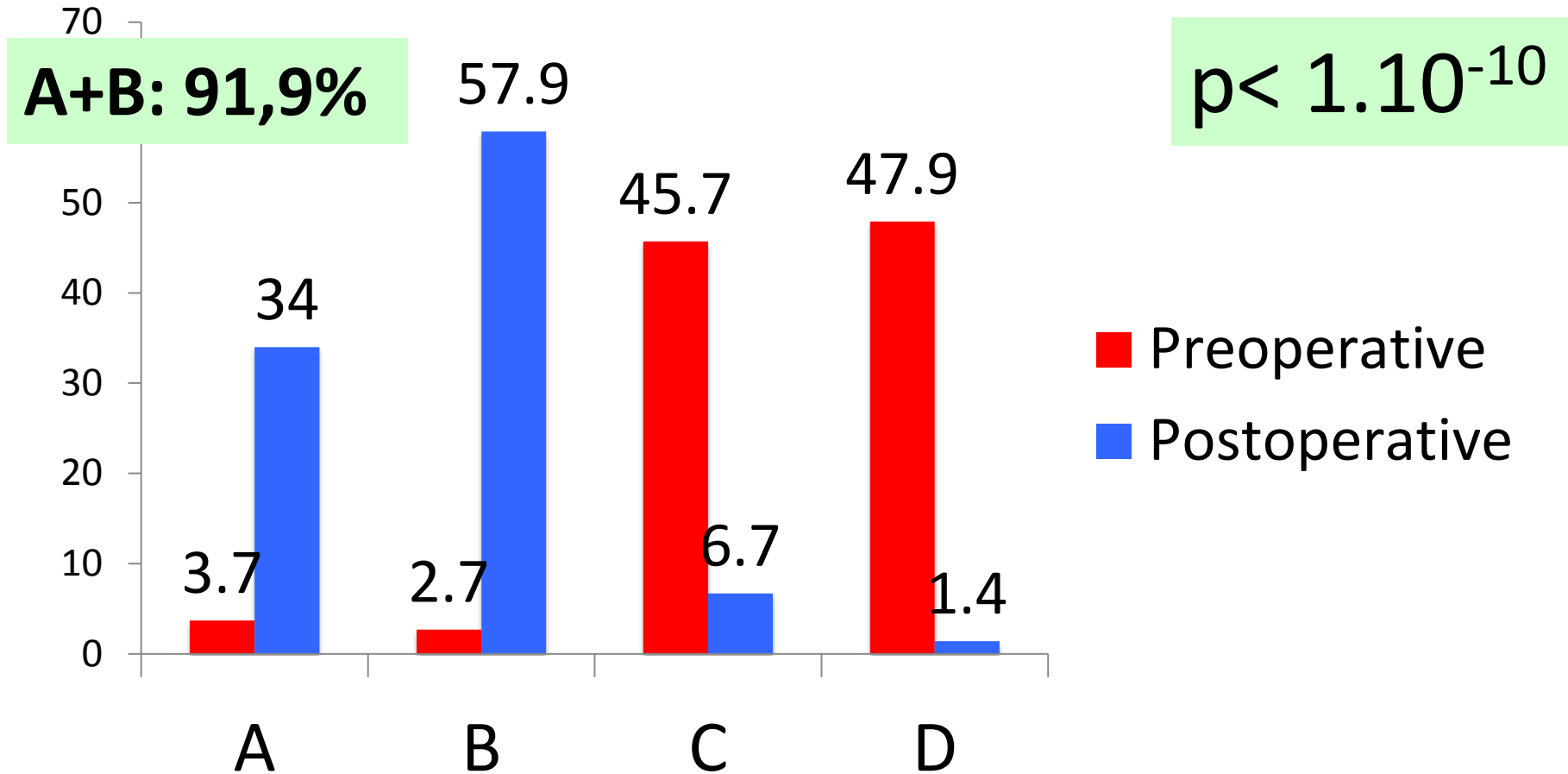


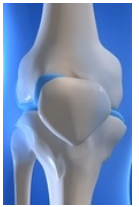
Aim

- Primary endpoint : Return-to-play
- Secondary endpoints :
 - ✓ Level and delay of return-to-play
 - ✓ Functionals scores
 - IKDC obj
 - IKDC subj
 - Tegner
 - Lysholm
 - ✓ Psychological assessment : ACL-RSI-Fr
 - ✓ Patient satisfaction

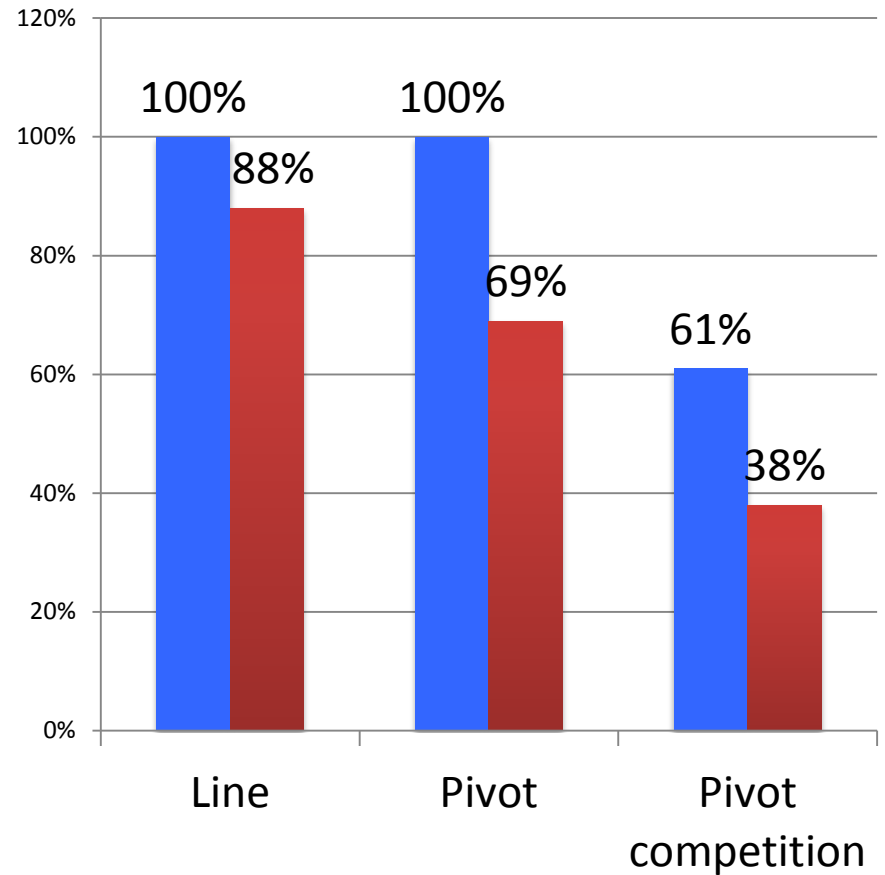
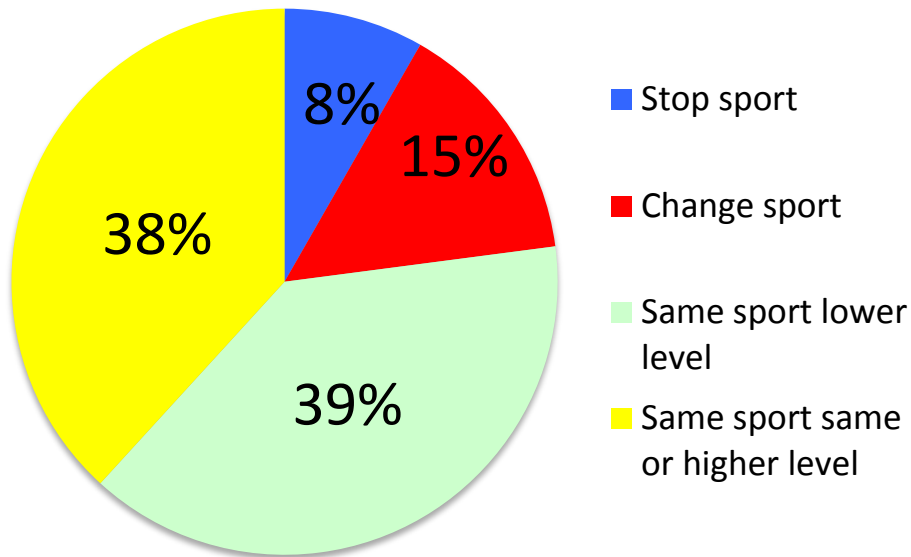


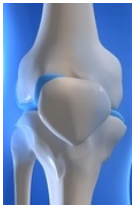
Global objective IKDC score



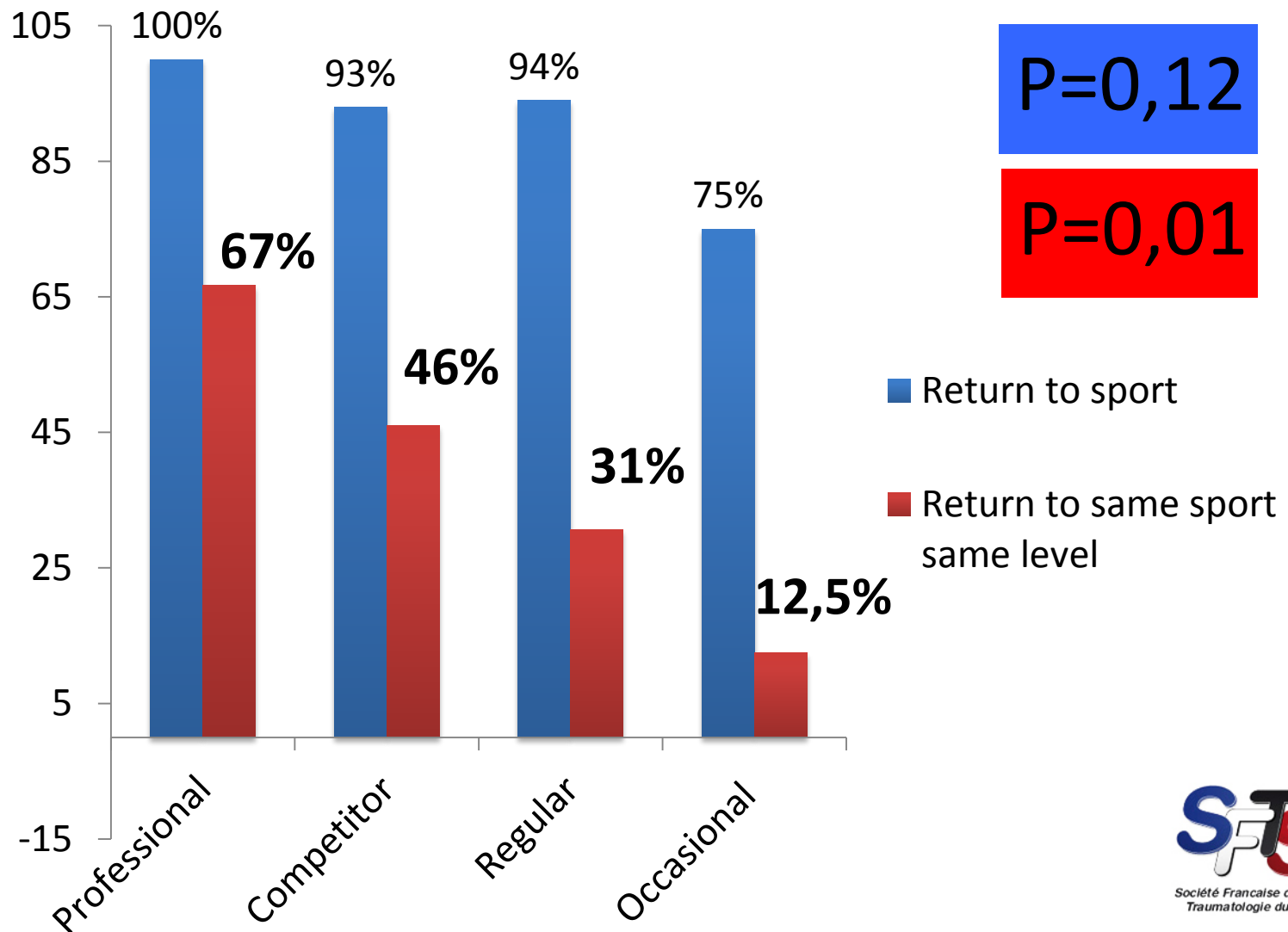


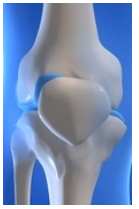
Return to sport



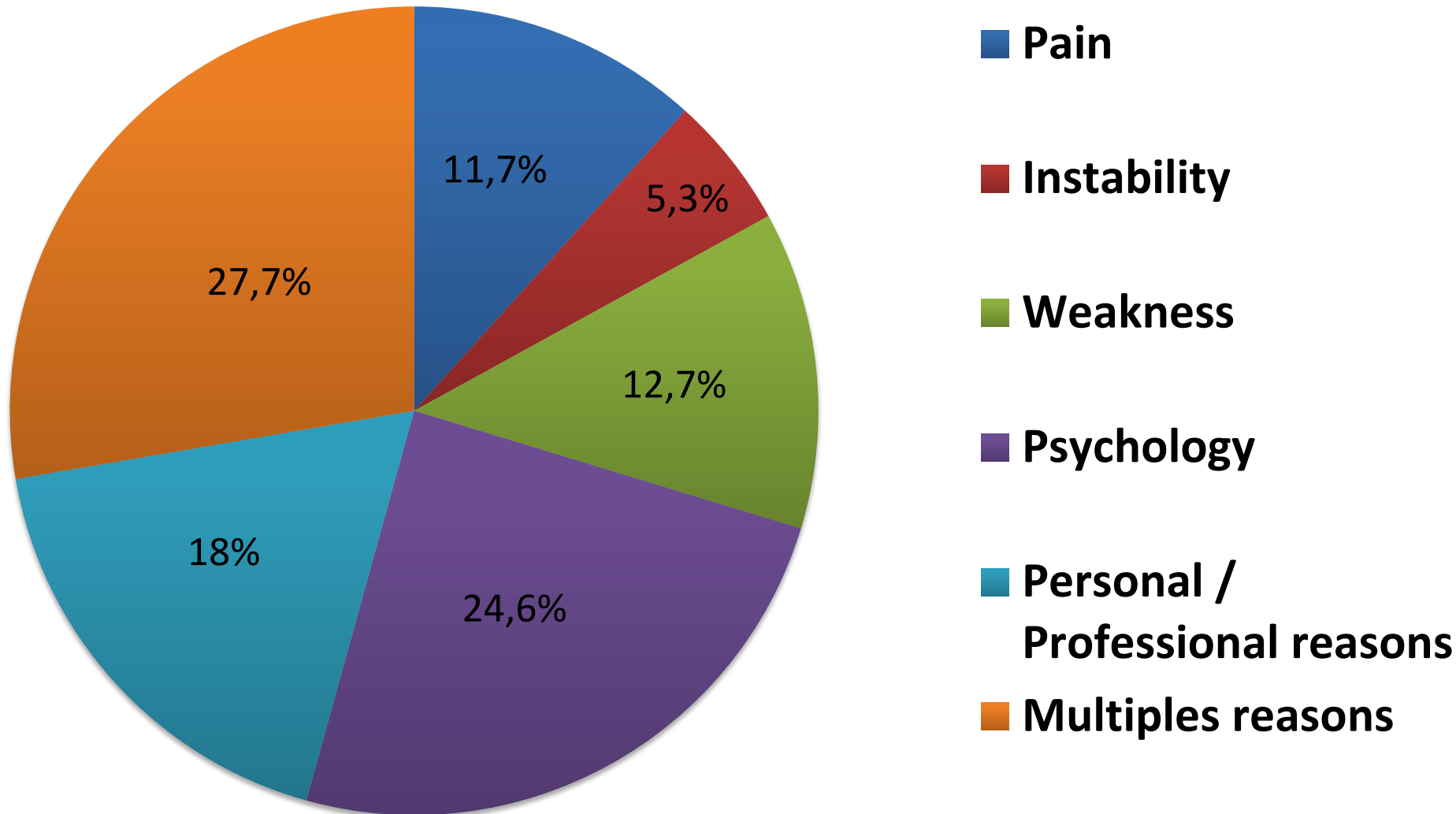


Return to sport according to preoperative level

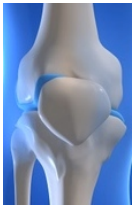




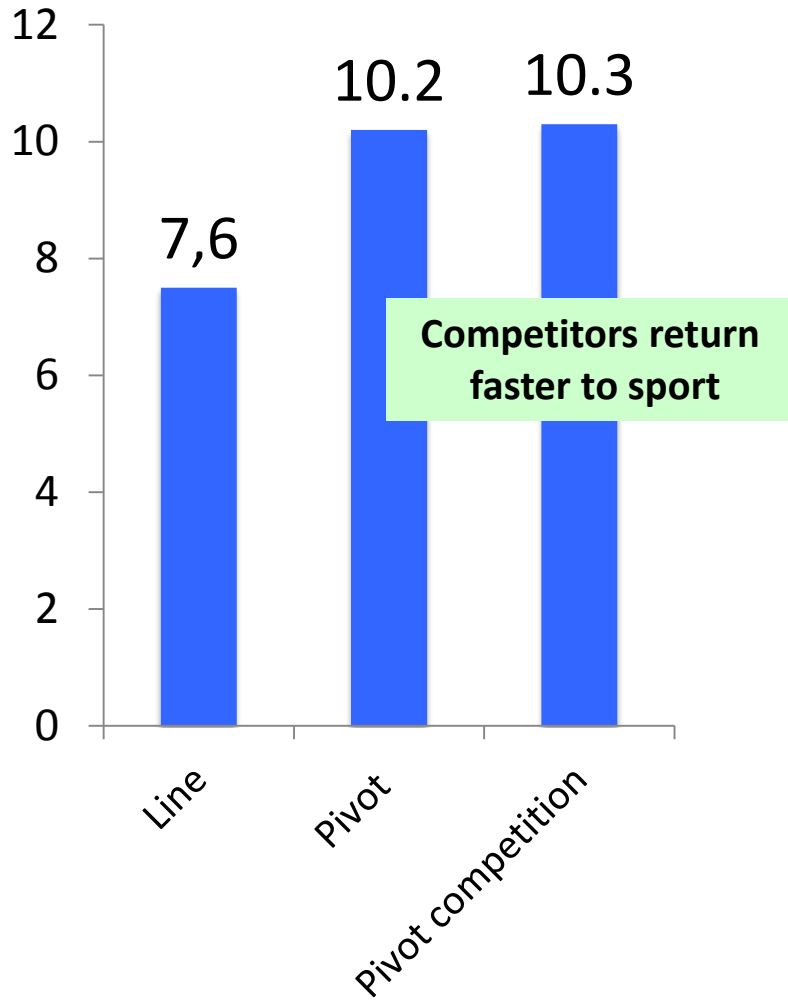
Reasons for stopping or changing sports



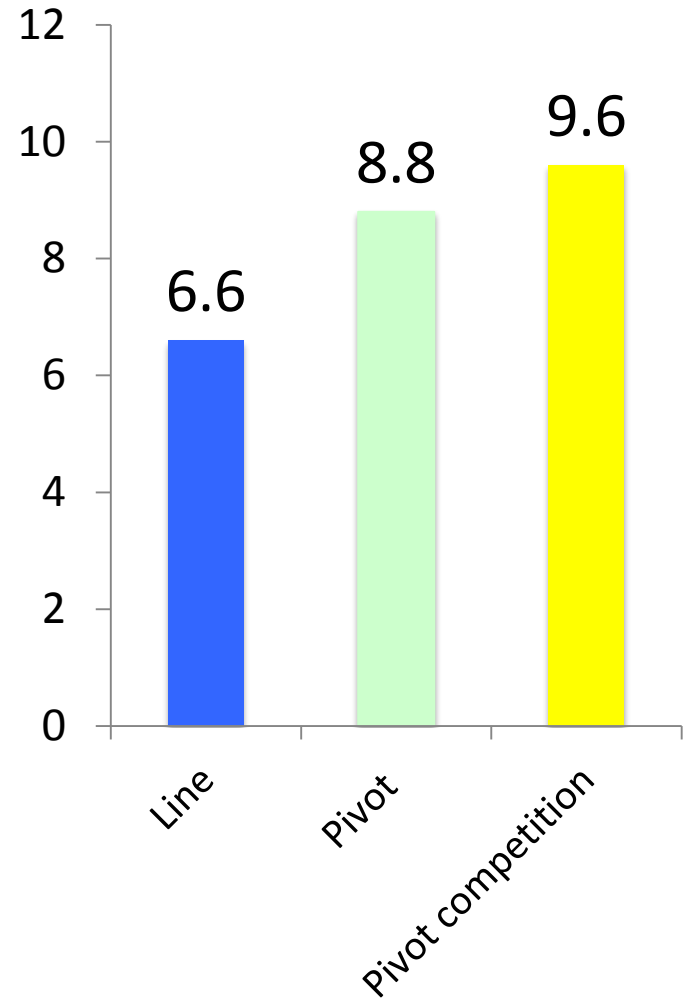
ISAKOS 2015 – Return to sport after ACL reconstruction



Average time to return to sport (months)



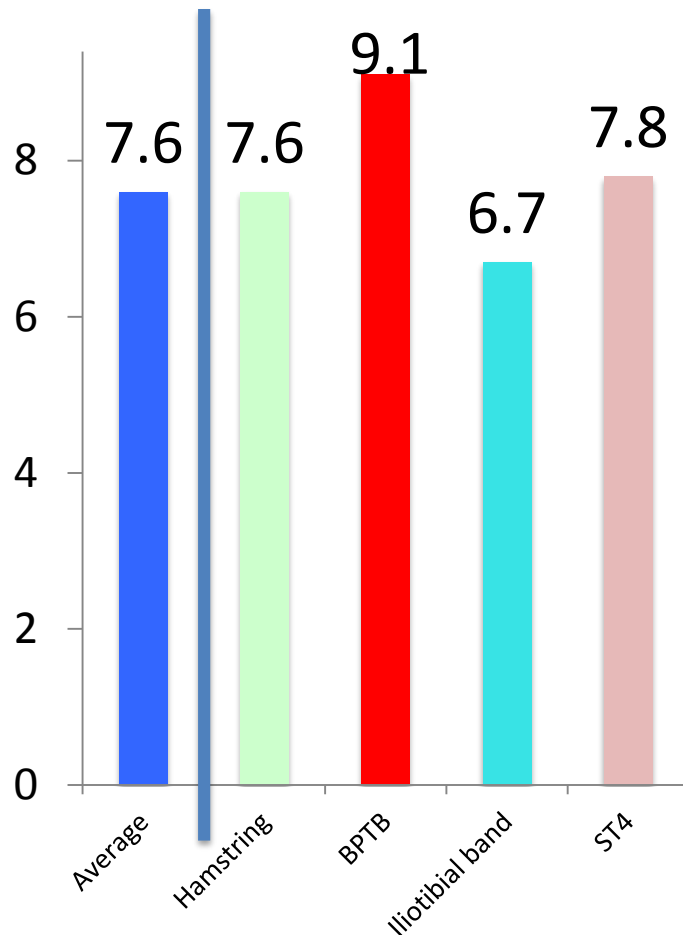
Average time to return to the same sport/same level



ISAKOS 2015 – Return to sport after ACL reconstruction

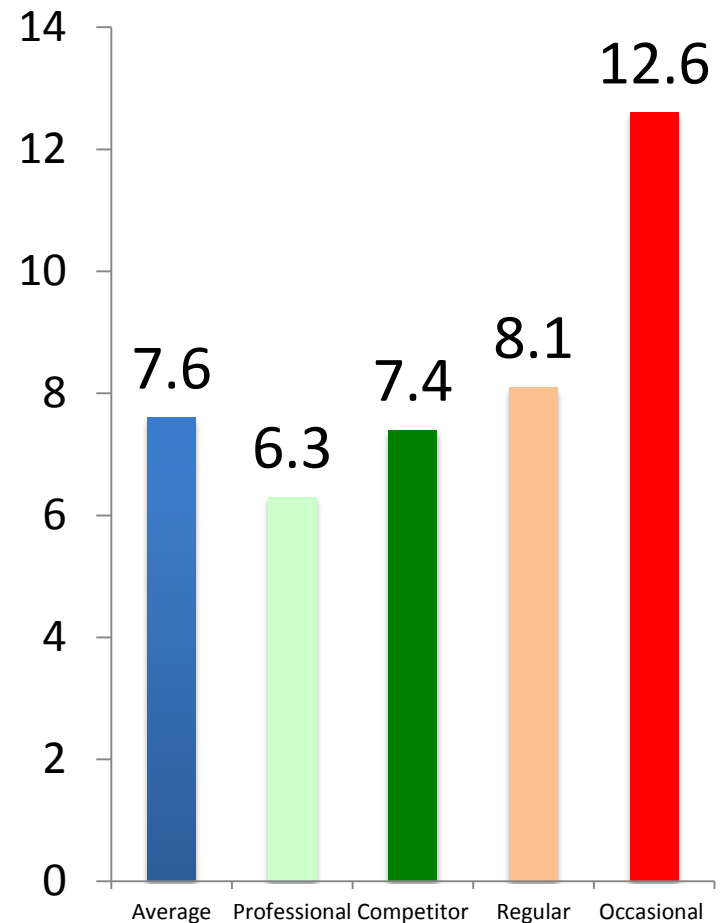
Average time to return to sport according to ligament types (months)

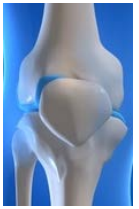
P= 0,14



Time to return to sport according to pre operative level

P=0,85





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