

# Return to Sport After ACLR: A Surgeon's Perspective

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1. Introduction
2. Return to Sport Concerns
  - a. Function
  - b. Graft Failure, Secondary Injuries
  - c. Long-Term Concerns - OA
3. Factors that Influence Return to Sport
  - a. Time
    - i. Changes over the years
    - ii. Move from Function Based Criteria to Time and Function Based
    - iii. Current Data – decreased risk with more delay
      1. Level V – survey of team physicians
      2. Newer data
  - b. Strength / Neuromuscular Function
    - i. General Criteria
      1. >90% symmetry with contralateral
      2. Strength, hop
    - ii. Need for Team approach
  - c. Associated Injuries
    - i. May change rehab protocols
    - ii. May lead to prolonged joint irritation
  - d. Patient / Genetic Factors
    - i. Very little currently known
  - e. Biology
    - i. Assessment of the joint
      1. Effusion
      2. Bone scan
    - ii. Graft Ligamentization
      1. Assessment with MRI
      2. Highly Variable
      3. PET-MRI Study
  - f. Psychology
    - i. Fear of re-injury
4. Future Directions – Improve Biologic Integration
  - a. Biologic Enhancement – PRP, Stem cells, etc.
  - b. Surgical Technique
    - i. Remnant Preservation
    - ii. Drilling Technique