

ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION (ACLR) RISKS & BENEFITS

ACLR - The Facts

9

Minimum 9 months of rehabilitation is recommended

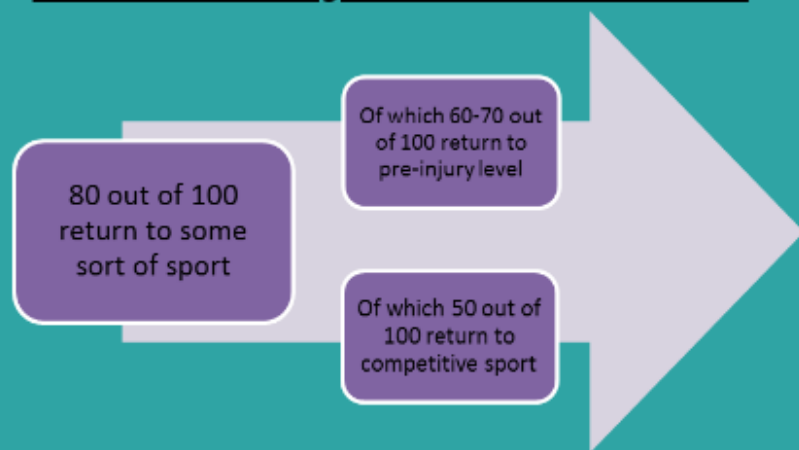
50

Returning to sport after 9 months reduces re-rupture risk by 50%

80

80% of patients return to some sort of sport

Outcomes beyond rehabilitation:



Ideal requirements prior to surgery:



Controlled Pain



Controlled Swelling



Good Thigh Muscle Strength



Ability To Fully Straighten Knee



Knowledge of Surgery & Commitment to Rehabilitation



Risks:

- Infection - 1 per 100
- Blood Clot - less than 1 per 100
- Re-rupture (patients who meet discharge criteria) - 6 per 100
- Revision surgery - 3 in 100
- Risk of osteoarthritis at 15 years post ACLR (isolated ACL injury) - 62 per 100
- Risk of osteoarthritis at 15 years post ACLR (combined injury) - 80 per 100
- Failure to return to preinjury level - 20 per 100

Failure to meet discharge criteria during rehabilitation can increase re-rupture risk by 4 times

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