



Sports Medicine
Center
AT THE ORTHOPAEDIC GROUP, P.C.

**ACL RECONSTRUCTION
ANATOMIC RECONSTRUCTION
REHAB AND RETURN TO PLAY**
JEFFREY M. CONRAD, MD
SPORTS MEDICINE AND SHOULDER SURGERY



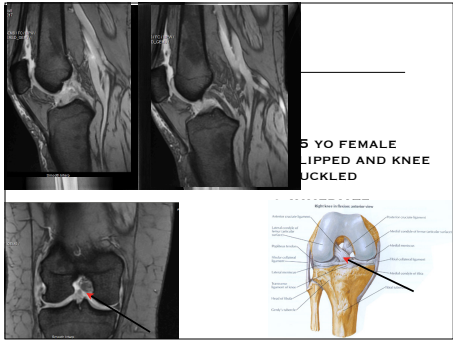
**IN MEMORY OF
ANGUS M.
MCBRYDE JR,
MD**
2/24/1937- 10/4/2016

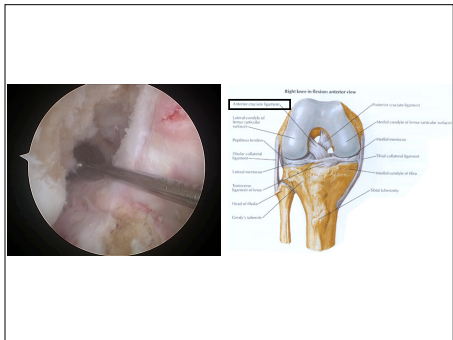
DISCLOSURES

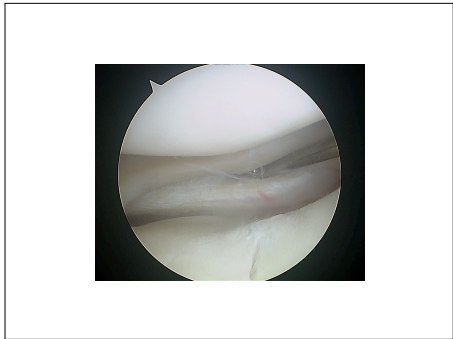
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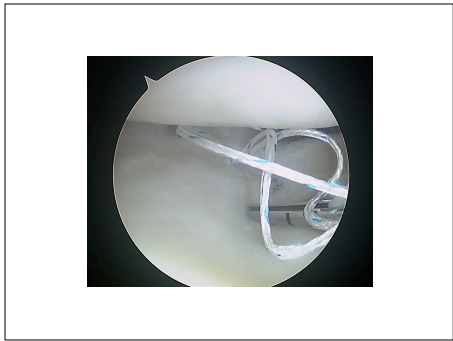
OUTLINE

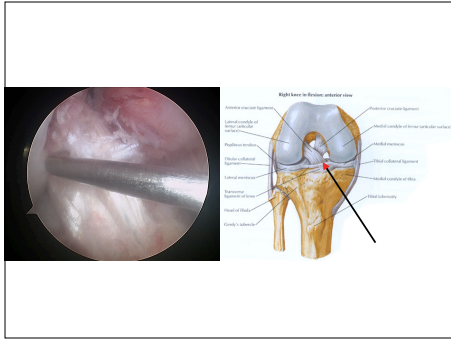
- ✦ ANATOMY
- ✦ PHYSICAL EXAMINATION
- ✦ ACL INJURY IS A "SEXIST INJURY." WHY?
- ✦ SURGERY- HISTORY, "ANATOMIC ACL"
- ✦ POSTOP
 - ✦ BIOLOGY OF HEALING
 - ✦ PT
 - ✦ RTP
 - ✦ REINJURY








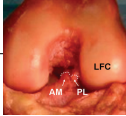




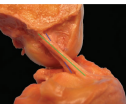





ANATOMY



- ✦ ACL CROSSES WITH THE PCL IN THE NOTCH OF THE KNEE
- ✦ CONSISTS OF 2 BUNDLES
- ✦ STABILIZES THE KNEE
- ✦ PREVENTS ANTERIOR TIBIAL TRANSLATION
- ✦ PROVIDES ROTATIONAL STABILITY



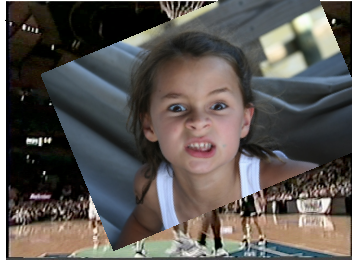
OVERVIEW



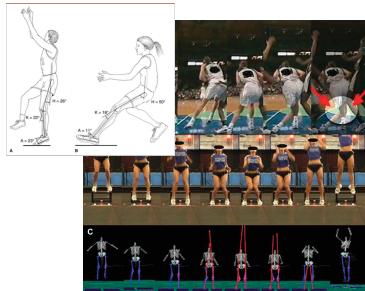
ACL

- ✦ USUALLY OCCURS DURING LANDING OR CUTTING
- ✦ ATHLETE OFTEN HEARS A "POP"
- ✦ A LARGE EFFUSION IS COMMONLY SEEN
- ✦ OFTEN THE INJURY INVOLVES MORE THAN JUST THE ACL
- ✦ SMALL FRACTURES OR BONE BRUISES OF THE TOP SURFACE OF THE TIBIA ARE COMMON.
- ✦ THE MENISCUS OR OTHER LIGAMENTS CAN BE INJURED AS WELL.
- ✦ MRI STUDY OF CHOICE
- ✦ TREATMENT OPTIONS:
 - ✦ RECONSTRUCTION VS NONOPERATIVE

ACL RISKS



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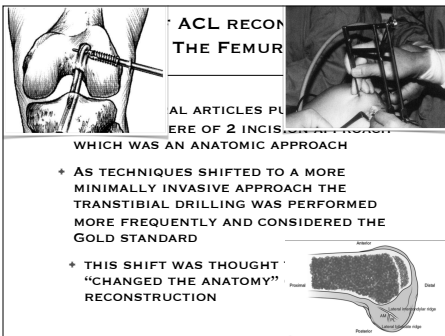


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ACL SURGERY

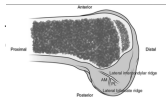
- ✦ THE GOAL OF THE SURGERY IS TO REPRODUCE OR RECREATE THE ORIGINAL ANATOMY
- ✦ **ANATOMIC ACL RECONSTRUCTION**
- ✦ USE A COMBINATION OF EXISTING ANATOMY OR ANATOMIC LANDMARKS
- ✦ TUNNEL POSITION IS KEY



ACL RECON THE FEMUR

AL ARTICLES PUBLISHED
ERE OF 2 INCISION APPROACH
WHICH WAS AN ANATOMIC APPROACH

- ✦ AS TECHNIQUES SHIFTED TO A MORE MINIMALLY INVASIVE APPROACH THE TRANSTIBIAL DRILLING WAS PERFORMED MORE FREQUENTLY AND CONSIDERED THE GOLD STANDARD
- ✦ THIS SHIFT WAS THOUGHT "CHANGED THE ANATOMY" RECONSTRUCTION



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