Arthroscopic-assisted allograft anterior cruciate ligament reconstruction in patients with symptomatic arthrosis


Abstract: We reviewed the results of arthroscopic-assisted anterior cruciate ligament (ACL) allograft reconstruction in 40 patients who had advanced articular cartilage deterioration documented by arthroscopy during the reconstruction. A mean of 7 years had elapsed between the original injury and the reconstruction, and 102 prior operative procedures had been done in 34 of the 40 patients. A total of 64 articular cartilage lesions were noted; 34 knees had lesions in the medial or lateral tibiofemoral compartment. Postoperatively, all had immediate motion and early functional rehabilitation. The results were assessed using the Cincinnati Knee Rating System. At follow-up (mean, 37 months), significant improvements were found for pain, giving-way, and functional limitations with daily and sports activities (P < .01). Fifty-five percent had returned to mostly light athletics (avoiding high impact sports) based on our advice and were asymptomatic. The mean overall rating scores significantly improved (P < .0001, mean improvement 22 points). We concluded that the majority of patients in this study with chronic ACL rupture and post-traumatic arthrosis benefited short-term from arthroscopic-assisted ACL reconstruction.