

Pearls and Pitfalls of ACL Reconstruction

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GOALS

- Discuss opportunities
- Painless, stable knee that allows patient to perform ADLs and return to pre injury level of function
- PREDICTABILITY

Goals

- Manage patient expectations
- Absolutely imperative that the patient and surgeon are on the same page
 - Occupation
 - Hobbies
 - Sports



Patient Selection

- Candid preoperative discussion about expectations
- Tips for success
- Carefully outline postoperative course
- Rehab requirements

Graft selection

- Patellar tendon
- Hamstring
 - Hybrid
- Quadriceps tendon
 - Allograft
 - Double bundle




Timing of Surgery

- Critical
- Associated injuries
 - Beware medial sided injury
- Prehab

2018 MAY						
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Operational considerations

- Imaging
- Positioning
- Order of operations
- Team approach
 - Predictability
 - Scrub, SA, PA/NP
 - MS, Residents
- PORTALS
 - AL, AM, accessory IM



Associated injuries

- Articular cartilage
 - Minimalist
- MENISCUS
 - Maximalist
 - Age
- REPAIR TECHNIQUES
 - Root tears
- Ligaments
 - Med--↑
 - Lateral ↓



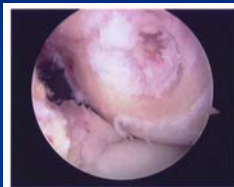
Technical Considerations

- PORTALS



Femoral Tunnel

- Most Press
- Frequent cause of failure
- Decide how you want to drill tunnel
 - Accessory medial
 - Outside in
- AVOID IMPROPER TUNNEL LOCATIONS

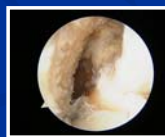


Portal Pearls

Central Viewing



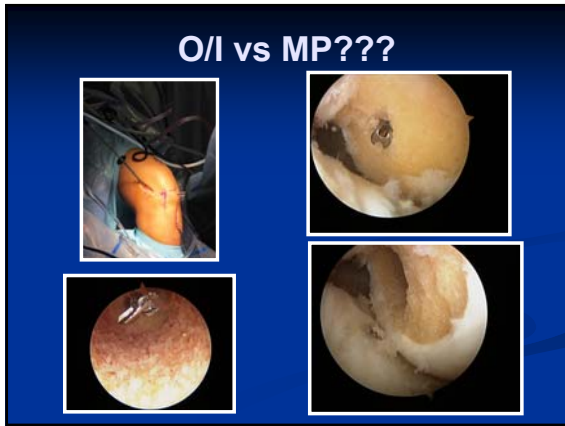
Lateral Viewing

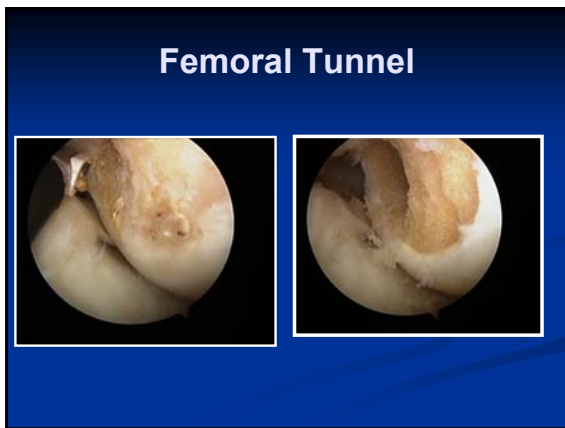


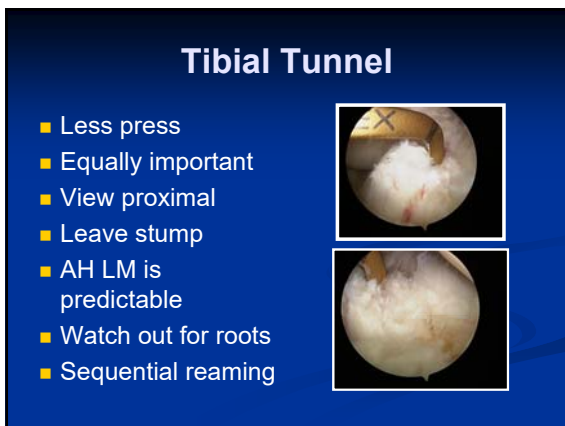
FEMORAL TUNNEL

- MUST CHECK PROPOSED TUNNEL LOCATION PRIOR TO DRILLING WITH THE SCOPE MEDIAL









Fixation

- Bad miss
- Cortical is my ultimate bailout
 - Back wall thin
 - Lateral wall blowout
 - Tunnel lysis
 - Poor bone quality or IS fixation



Post op

- Brace
 - Avoid catastrophe
 - Pain control
 - Quad



Rehab

- Team approach
- PHYSICAL THERAPIST
 - Short list
- See frequently
- REVISIT EXPECTATIONS



REHAB

- TOO SLOW
- TOO FAST
- DIAGNOSE PROBLEM
- DIAGNOSE PROBLEM
- Call PT
- Call PT
- Steroid Taper

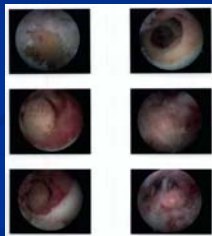
FAILURE

- Typically can put in 3 buckets
 - Biology
 - Technical error
 - New injury
- Key to successful revision
 - Identify problem(s)
 - Graft integrity



Revision

- Don't cut corners
- Plan
- Expect unexpected
- Graft
- Tunnel position
- Stage



Thank You