



RETURNING TO SPORT AFTER ACL RECONSTRUCTION: THE SURGEON'S PERSPECTIVE

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Since the advent of arthroscopic ACL reconstruction in the mid 1990's, the procedure has continued to develop, with various techniques and strategies utilised to improve patient outcomes. However re-rupture rates remain stubbornly high, ranging from around 5-10% to more than 25% in higher risk populations. An inability to return to play is perhaps more common than expected, with up to 30% of patients failing to return to the same level of sport. This is of particular concern in this young and highly active patient population with understandably high expectations.

Plotting a successful return to sport starts from the moment the injury occurs. Careful decision making at all stages of the treatment pathway is critical to maximising the chances of a successful outcome.

These stages include:

-Pre-Operative

- Correct surgical timing
- Prehabilitation
- Determine patient's level of risk
- Managing patient expectations

-Surgery

- Appropriate Graft Choices
- Excellent Surgical Technique
- Addressing other injuries
- Adjunctive procedures

-Post Operative

- Post surgical effusion control/range of motion
- Strengthening
- Neuromuscular/Proprioceptive Rehabilitation
- Pivoting Biomechanics
- Limb Symmetry/Functional Assessment
- Sport Specific Training
- Return to Play

Each of these factors make a contribution towards achieving excellent results for our patients. As a Sports Surgeon it is important to appreciate that a 'cookie cutter' or 'one size fits all' approach to ACL reconstruction will increase the likelihood of failure, and that the ability to tailor surgical management and rehabilitation to the specific needs of individual patients is critical. The surgeon is just one cog in the chain that involves a team of multiple health care practitioners all working together to assist the patient to achieve their desired outcome. This team must communicate effectively, have a consistent approach to managing patient expectations and understand the key factors of a milestone based post-operative and rehabilitation pathway.

This presentation will explore each of the factors above in depth, and assess their critical roles in getting our athletes back in the game.



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Date: Wednesday, 28 March 2018
Time: 3:30pm – 5:00pm
Co-Presenters: Dr Peter D'Alessandro; A/Prof Kate Webster; Mr Mick Hughes
Panel Practitioner: Mr Tim Oostenbroek
Session Chairperson: Dr Jay Ebert