

Surgical Considerations in Knee Ligament Injuries



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Quick Takeaways

- Avoid knee-based hamstring exercises and knee flexion >90 degrees in the early-mid stages post PCL injury
- Dynamic knee braces recommended for 6 weeks post high-grade PCL injury
- ACL injuries rarely happen in isolation. Always consider additional injuries
- Depending on the surgery, aim to restore active knee extension within 2-3 weeks
- T2 weighted MRI images are best when determining injury severity due to its contrast useability
- Externally rotating the tibia during ACL testing can help increase the joint play and make it easier to achieve a ligament end-feel

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Key Learnings

1 The STABILITY study demonstrated that performing an ACL reconstruction with the addition of a lateral extra-articular tenodesis can reduce reinjury rates from 11% to 4% in high risk population groups.

2 It's recommended that 6 weeks of non-weight bearing post root horn and radial meniscus tears is needed to allow for sufficient healing. Longitudinal tears are often safe to load immediately.

3 Be wary of a cyclops lesion if the patient has persistent swelling and anterior knee pain with active and pain extension at 12+ weeks.