“ASSESSMENT OF FUNCTIONAL OUTCOME OF ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION USING QUADRUPLE HAMSTRING AUTOGRRAFT”

ABSTRACT

BACKGROUND

In this study, the analysis of functional outcome of arthroscopic ACL reconstruction using a quadrupled hamstring graft was done in patients who had presented with symptomatic torn anterior cruciate ligament.

METHODS

This prospective study included 20 patients (17 male and 3 female) with ACL ruptures. The average age at surgery was 29 years (range 20 to 37 years). All the patients underwent arthroscopic anatomic single bundle Anterior Cruciate Ligament reconstruction using quadrupled hamstring autograft. The functional outcome of the patients were assessed using the IKDC (International Knee Documentation Committee) and Lysholm knee scores.

RESULTS

The Lysholm knee scores were excellent in 45% (n=9) of patients, good in 40% patients (n=8) and fair in 15% patients (n=3). The average Lysholm knee score was 91.9. The mean IKDC score improved from 50.86
preoperatively to 87.66 at the time of follow up, which was statistically significant (p<0.05).

CONCLUSION

Arthroscopic anatomic reconstruction using quadrupled hamstring graft is an excellent treatment option for anterior cruciate ligament deficient knees.

KEYWORDS

Anterior cruciate ligament injuries, Arthroscopy, Anterior cruciate ligament reconstruction, hamstring graft, Lysholm knee score, International knee documentation score, Outcome