

Western University

Scholarship@Western

Inspiring Minds – Showcasing Western’s Graduate Research, Scholarship and Creative Activity

September 2021

Investigating Long-term Outcomes of ACL Repair Techniques: A Follow-up of the Stability Study

Katelyn M. Inch

Western University, kinch4@uwo.ca

Follow this and additional works at: <https://ir.lib.uwo.ca/inspiringminds>

Citation of this paper:

Inch, Katelyn M., "Investigating Long-term Outcomes of ACL Repair Techniques: A Follow-up of the Stability Study" (2021). *Inspiring Minds – Showcasing Western’s Graduate Research, Scholarship and Creative Activity*. 33.

<https://ir.lib.uwo.ca/inspiringminds/33>

Investigating Long-Term Outcomes of ACL Repair Techniques

Athletes participating in pivoting sports such as soccer and basketball have a high chance of injuring the anterior cruciate ligament (ACL) in their knees. ACL injuries are debilitating and can lead to long term consequences such as post-traumatic osteoarthritis (PTOA) if not treated properly. The standard approach to treat a torn ACL is an ACL reconstruction (ACLR) using the patient's tendon as a graft. Previous research has shown high ACL re-tear rates in patients that return to pivoting sports after undergoing an ACLR. My research involves performing a long-term follow-up of patients involved in the "Stability" study – a randomized trial where patients received either the standard ACLR, or an ACLR with an added procedure called a lateral extra-articular tenodesis (LET). Long term outcomes are critical to understanding the benefits and consequences of surgical approaches for ACL reconstructions and can inform us of ways to improve techniques for the future.