



11th

Advanced Course
on Knee Surgery

ACL Clinical Cases: Round Table



University of
Pittsburgh

Volker Musahl, MD

Blue Cross of Western Pennsylvania Professor
and Chief of Sports Medicine

UPMC Freddie Fu Sports Medicine Center

Department of Orthopaedic Surgery

University of Pittsburgh

Director UPMC International Sports Medicine

Professor of Orthopaedic Surgery Sahlgrenska
Academy, Gothenburg, Sweden

Case J.S.



- 20F D1-college soccer, outside back
- 2 wks post noncontact L knee injury
- Felt “pop”
- PSH: BTB ACL-R in 2020
- Exam:
 - ROM 5-90°
 - MJLT and LJLT
 - 2B Lachman
 - Stable to varus/valgus



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Case J.S. - what to do?



- Acute gr3 ACL
- MM vertical tear
- LM tear

1. Timing?
2. Graft?
3. LM repair?

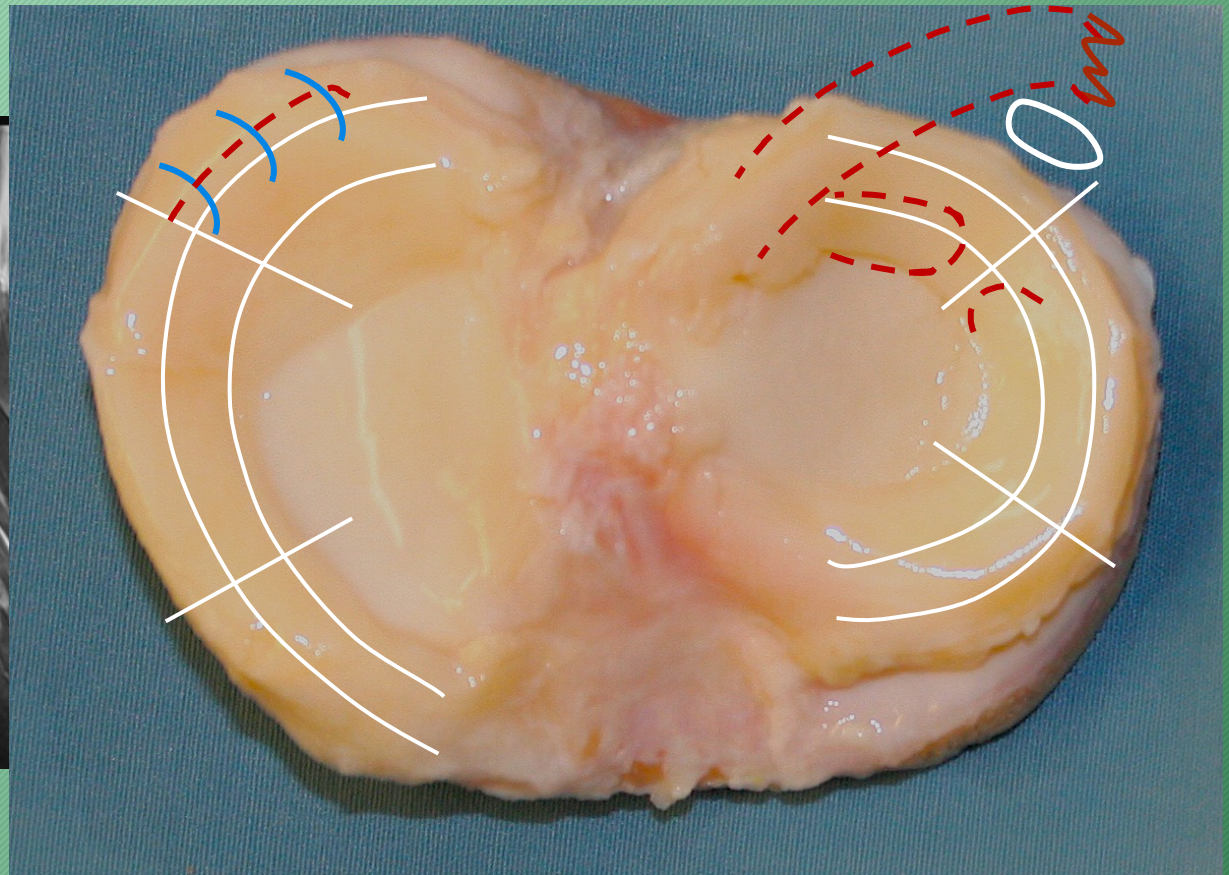
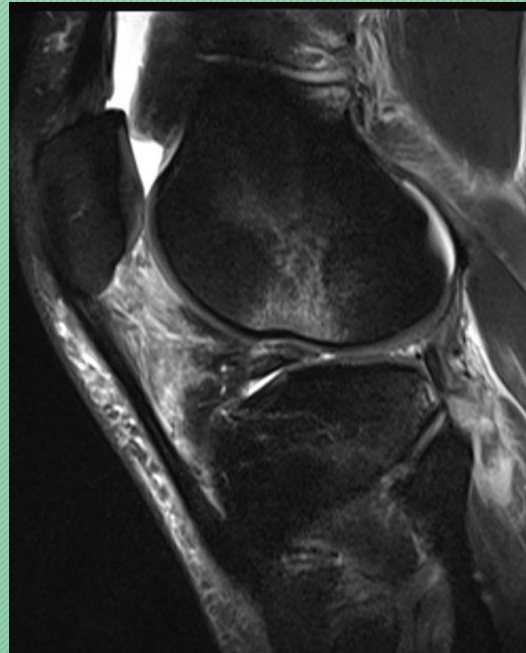


Case J.S. - what to do?

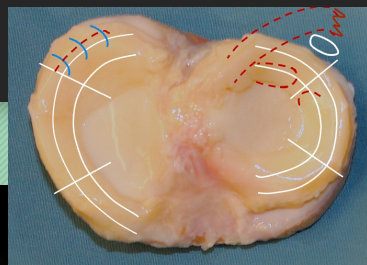


- Acute gr3 ACL
- MM vertical tear
- LM tear

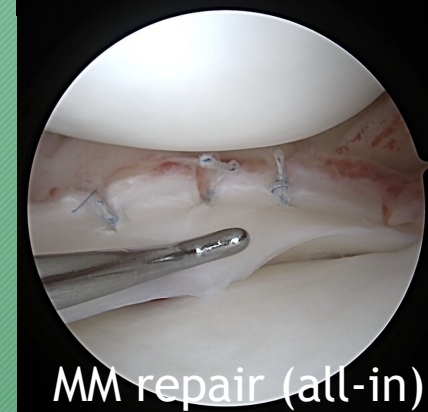
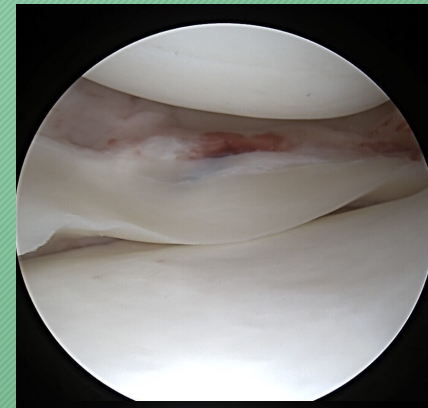
1. Timing?
2. Graft?
3. LM repair?



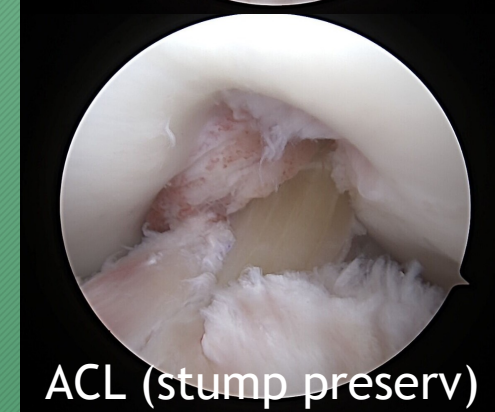
Case J.S.



LM repair



MM repair (all-in)

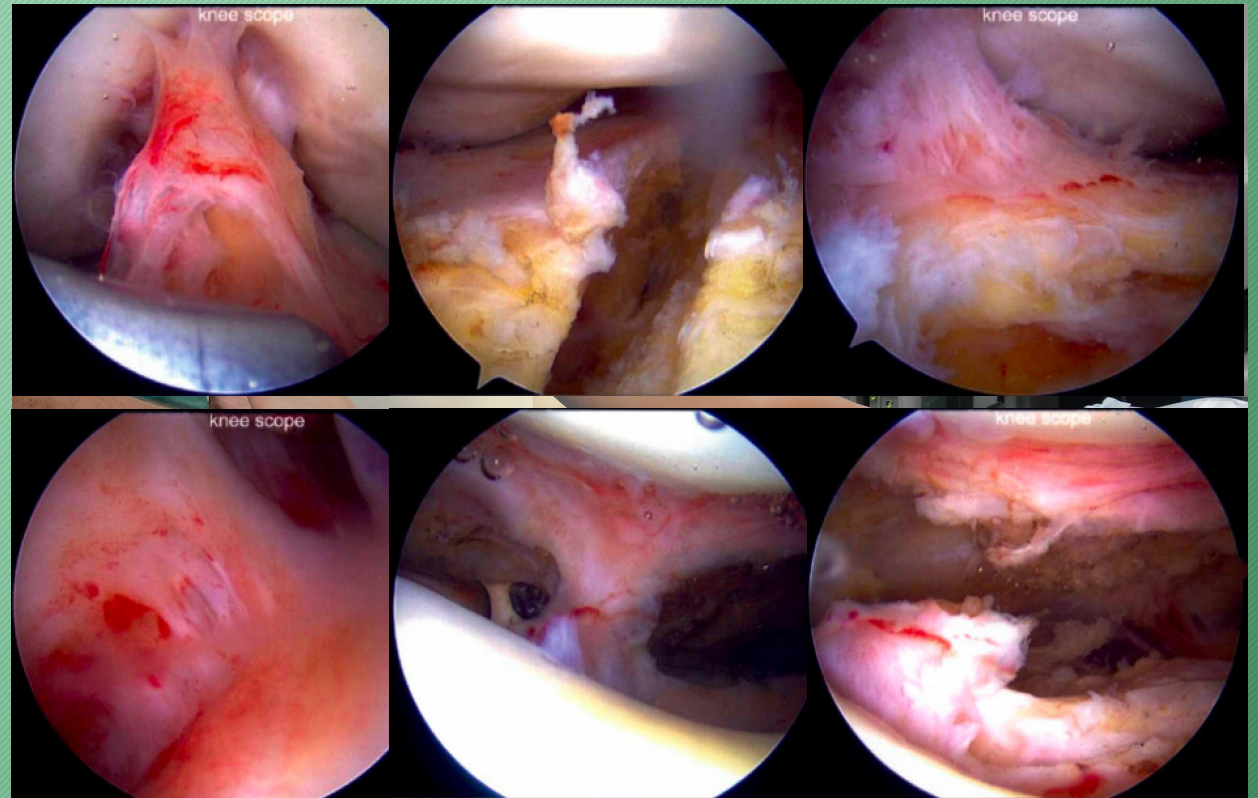


ACL (stump preserv)

Case J.S. - FU



- 4 wks
 - ROM 0-60
 - Medrol dosepack
- 8 wks
 - ROM 10-80
 - Rigid patellar mobility
 - Stable Lachman
 - No effusion



Case J.S. - FU



- 6mos s/p L BTB ACL-R, MM repair, LM repair
- 4mos s/p MUA, arthrolysis
- Doing well
- ROM 1-140
- Mild effusion
- Good SLR



Risk factors for knee stiffness (ML)



- Primary ACLR 3,478 patients
(median 21.8 y/o; 44% female)
 1. Female sex
 2. Black race
 3. Lateral meniscus repair
 4. QT autograft

Case G.B.



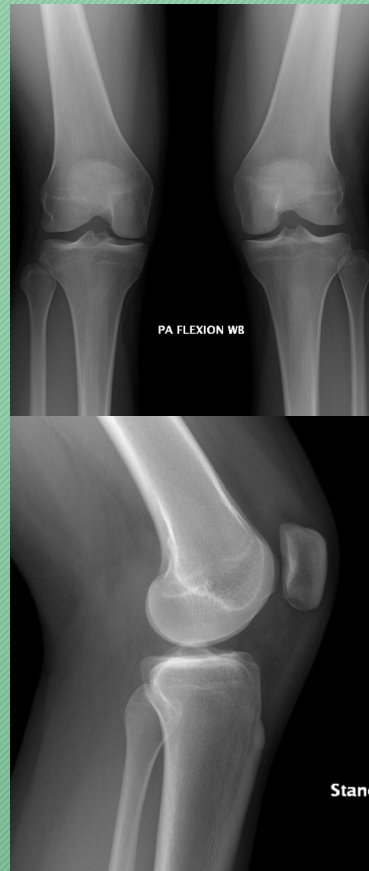
- 16F softball pitcher
- Acute noncontact L knee injury while running on field
- Acute pain and swelling, not able to RTP
- No prior issues w/ the knee
- Interested in STABILITY II



Case G.B. - Exam and imaging



- Moderate effusion
- ROM 10-90°
- M and LJLT
- 2B Lachman
- Poor quad set
- Stable to valgus/varus stress
- Prehab: ROM 0-130°

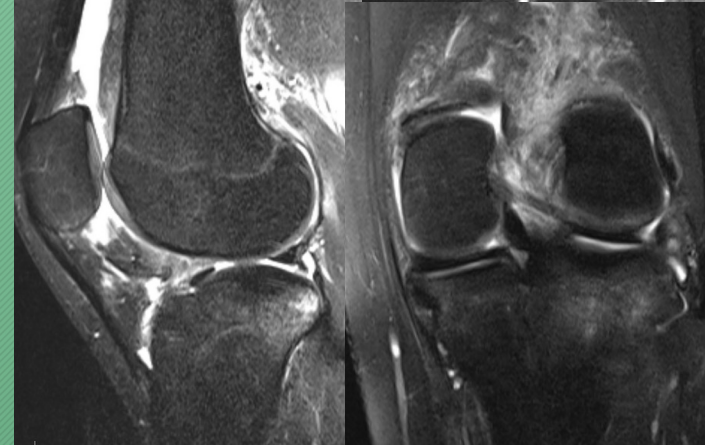
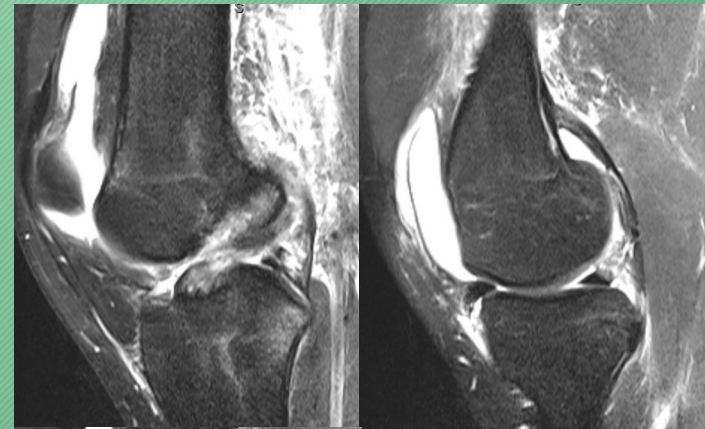
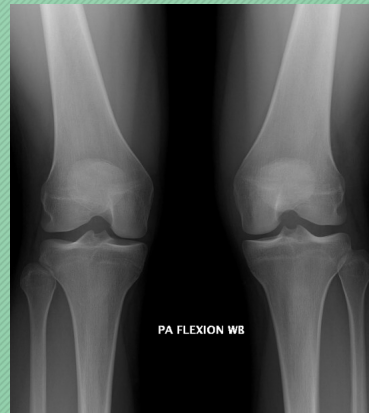


Case G.B. - Exam and imaging

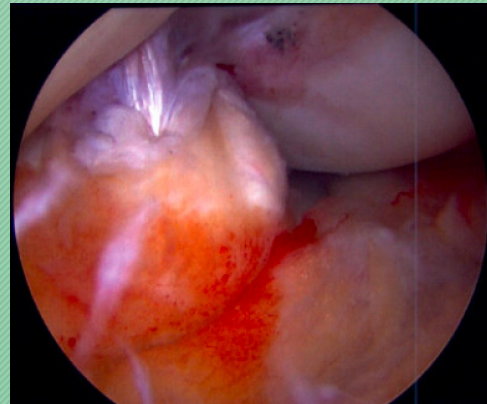
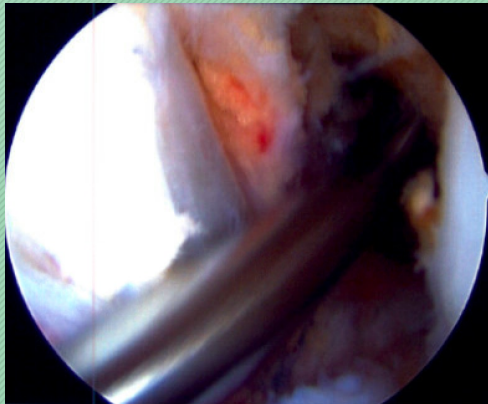
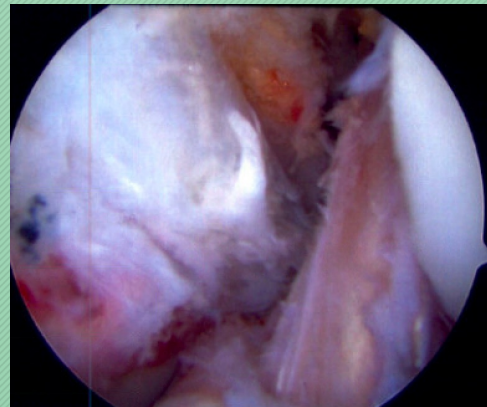


- Acute gr3 ACL
- LM tear

1. What graft?
2. LM repair or resect?
3. Add LET?
4. Bonus Q: how enroll in RCT?



Case G.B. - QT ACL-R + LET



Case R.B.



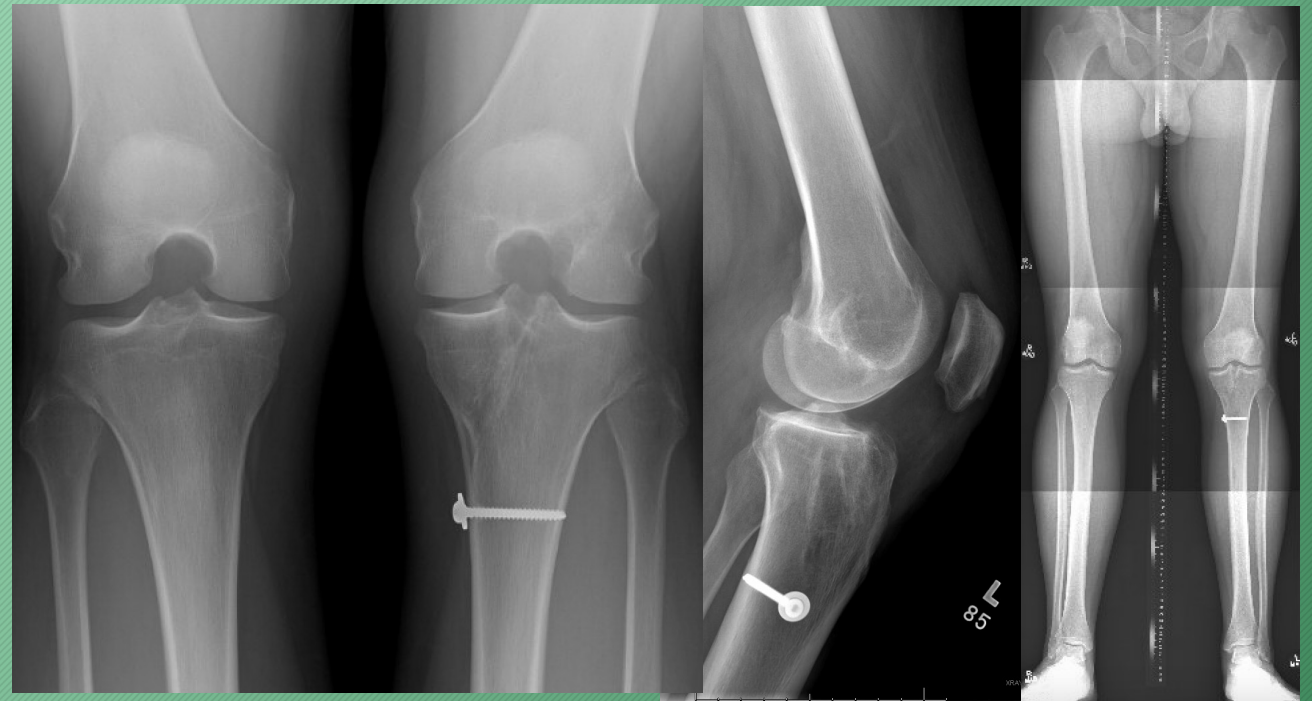
- 30 M chronic instability x 10y
- 3x ACL failure
- BTB in 2010, allograft 2011, allograft 2012
- Exam
 - Full ROM
 - No hyperextension
 - 2B Lachman
 - Explosive pivot shift



Case R.B.



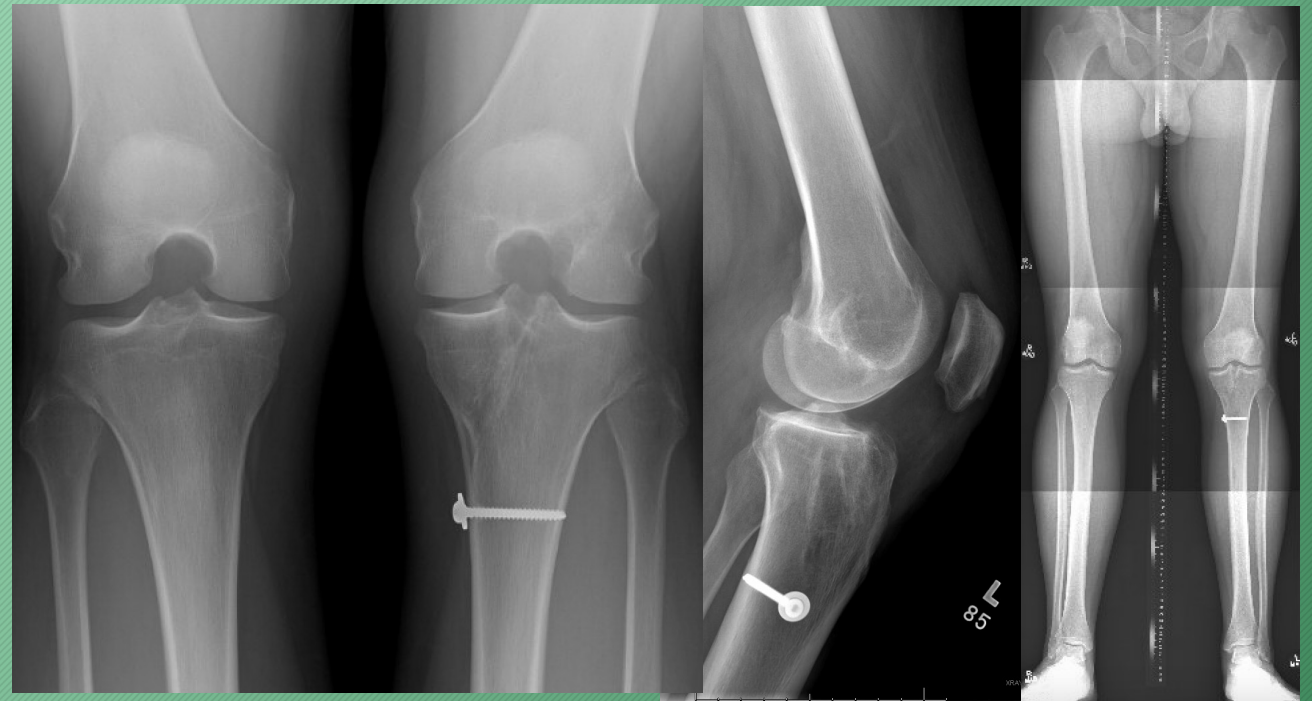
- 30 M chronic instability x 10y
- 3x ACL failure
- BTB in 2010, allograft 2011, allograft 2012
- Exam
 - 0-0-130
 - 5-0-140 (contralat)
 - 2B Lachman
 - Explosive pivot shift



Case R.B. - what to do?



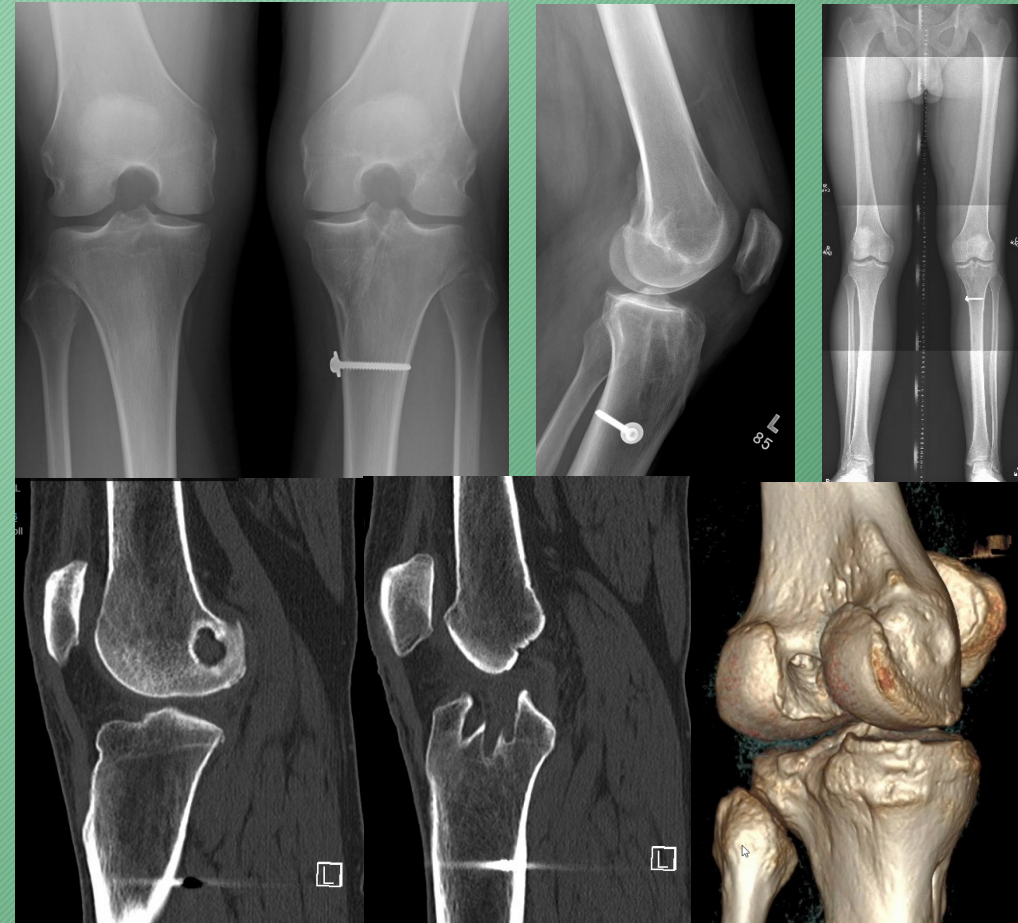
1. Any other studies?
2. What is reason for failure?
3. Tunnels?
4. Alignment?
5. What revision procedure?



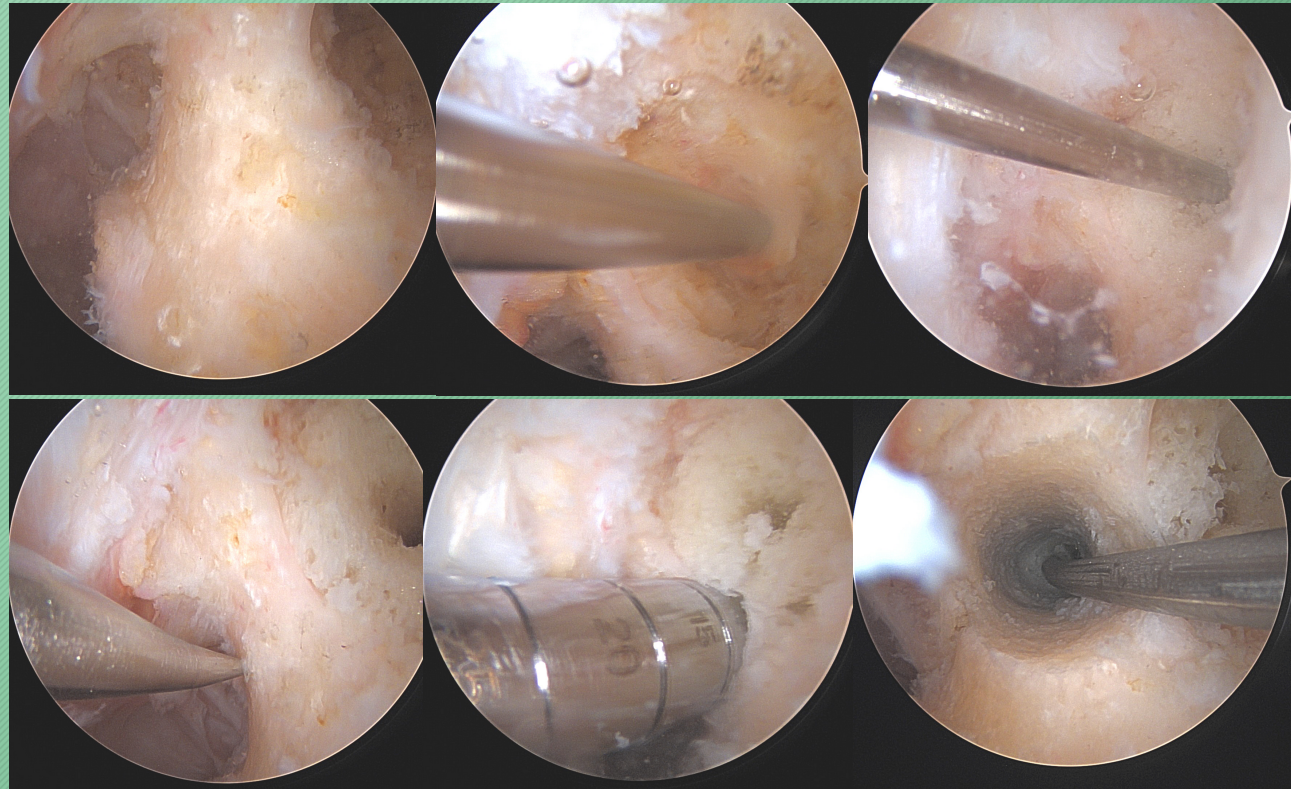
Case R.B. - what to do?



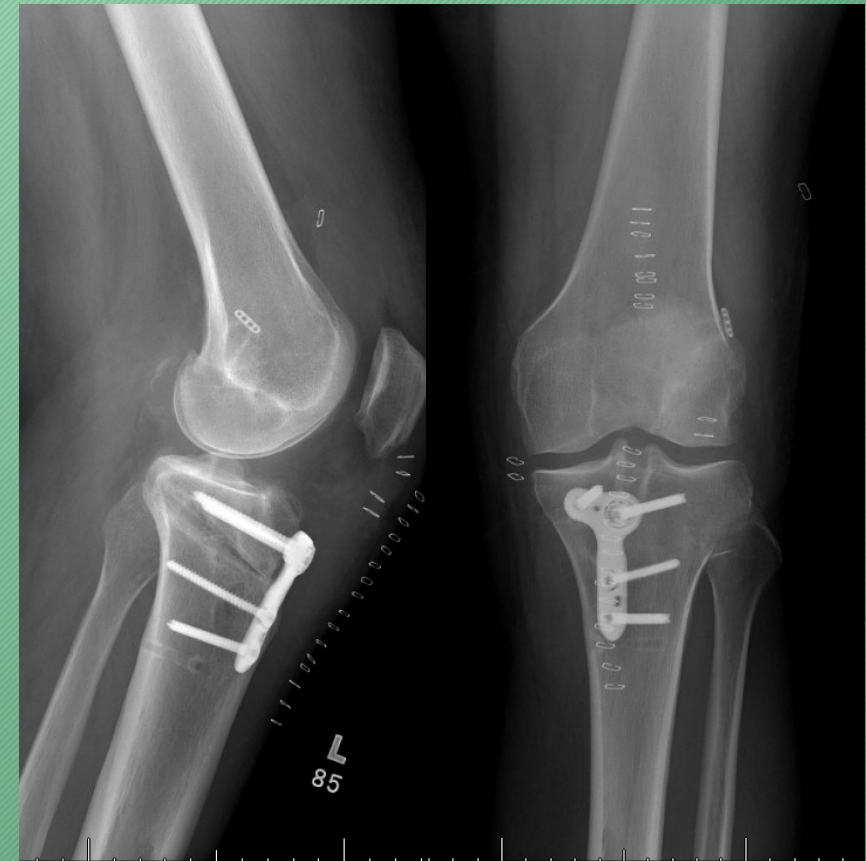
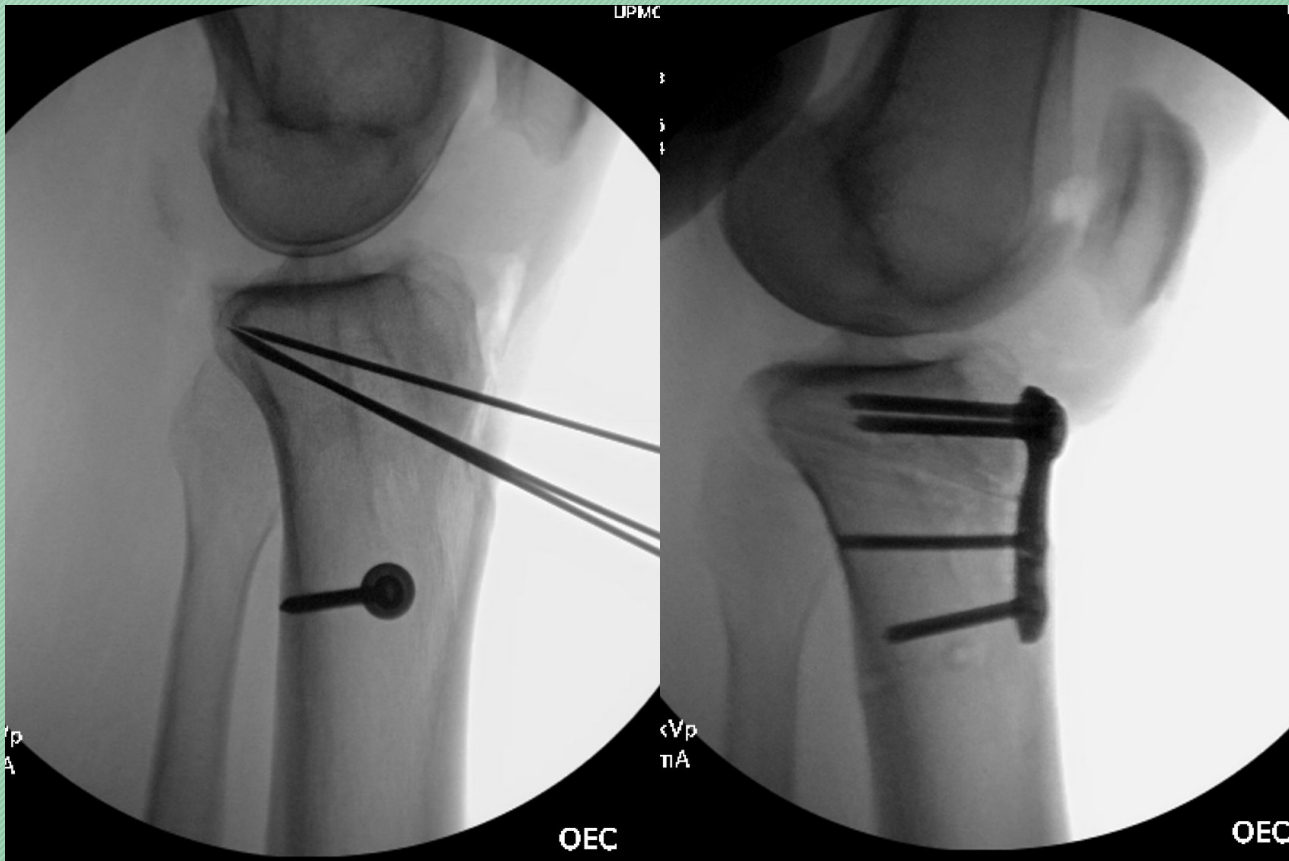
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Case R.B. - revision ACL (QT), single stage fem bone graft (allo dowel), LM root repair, PSO (13->3 deg)



Case R.B. - ACW supratubercle osteotomy, revision ACL-R w/ QT, LM root repair



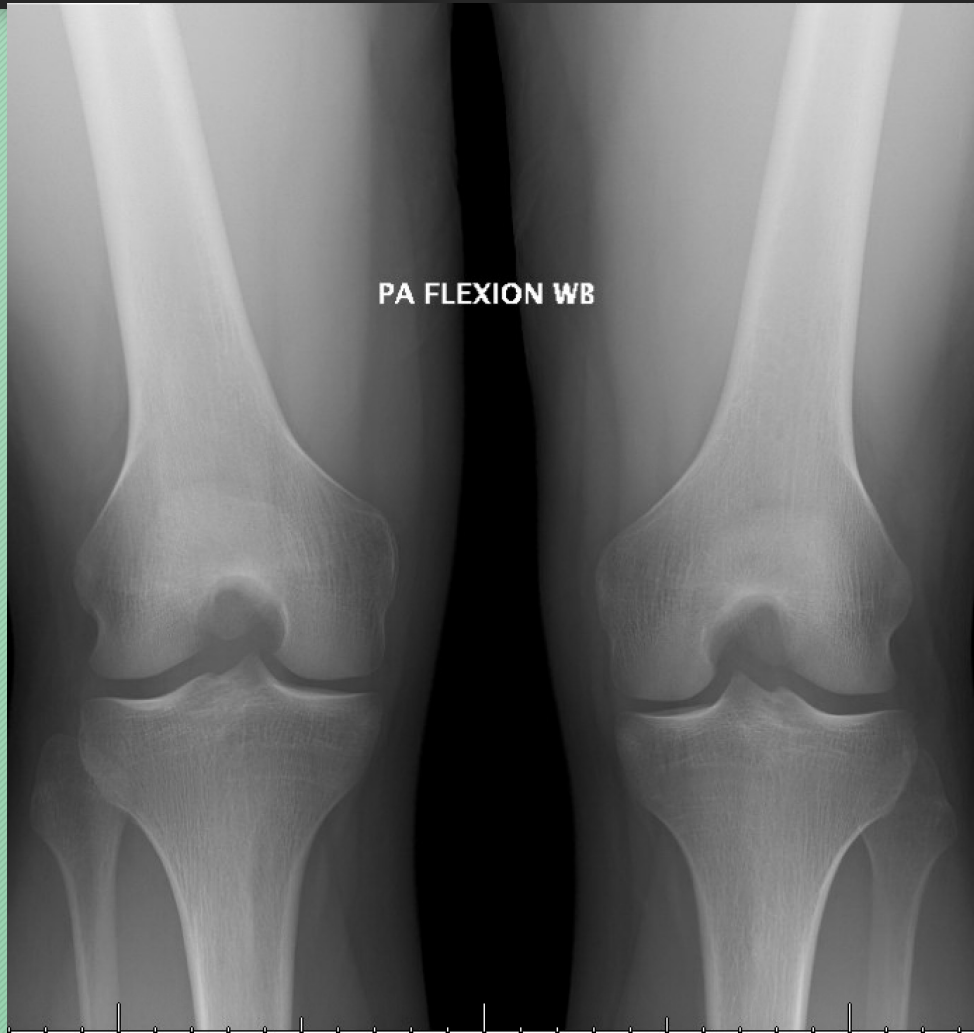
Case J.S.



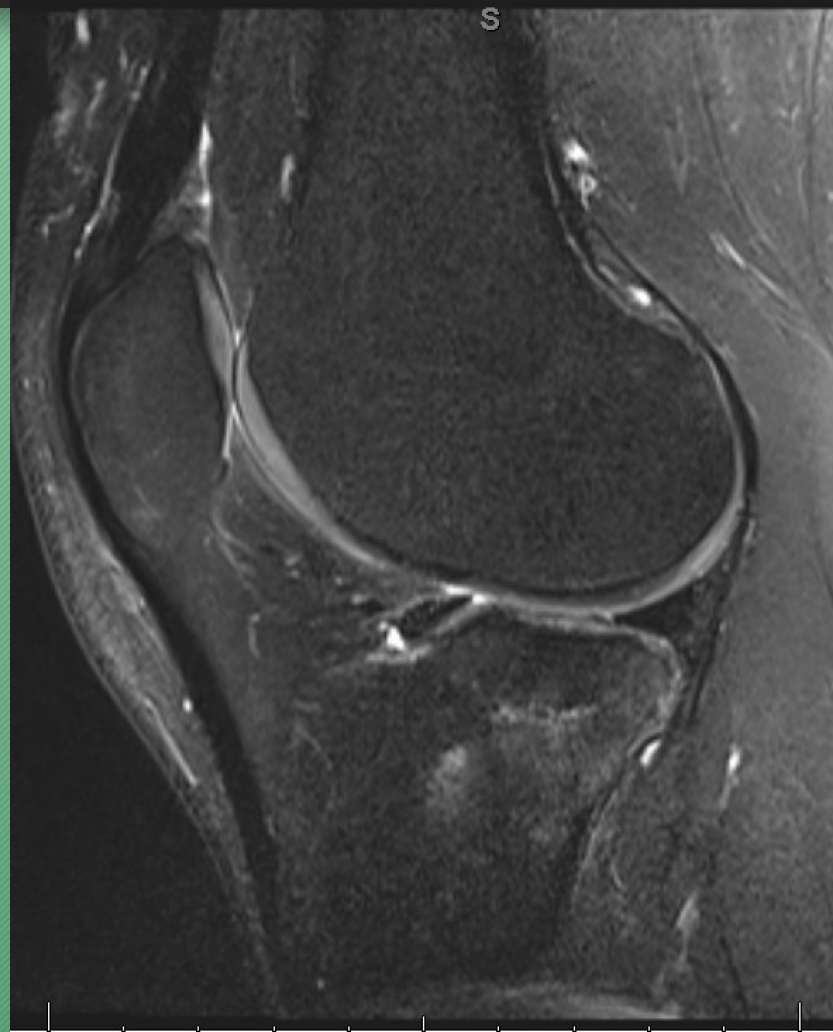
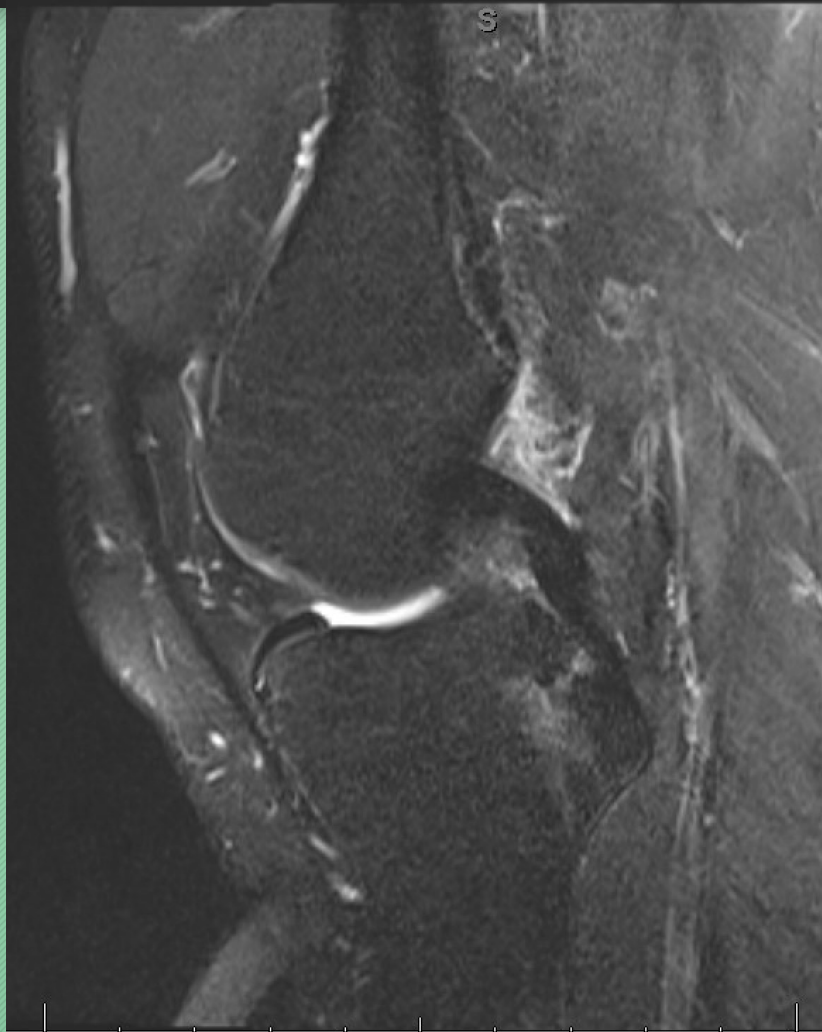
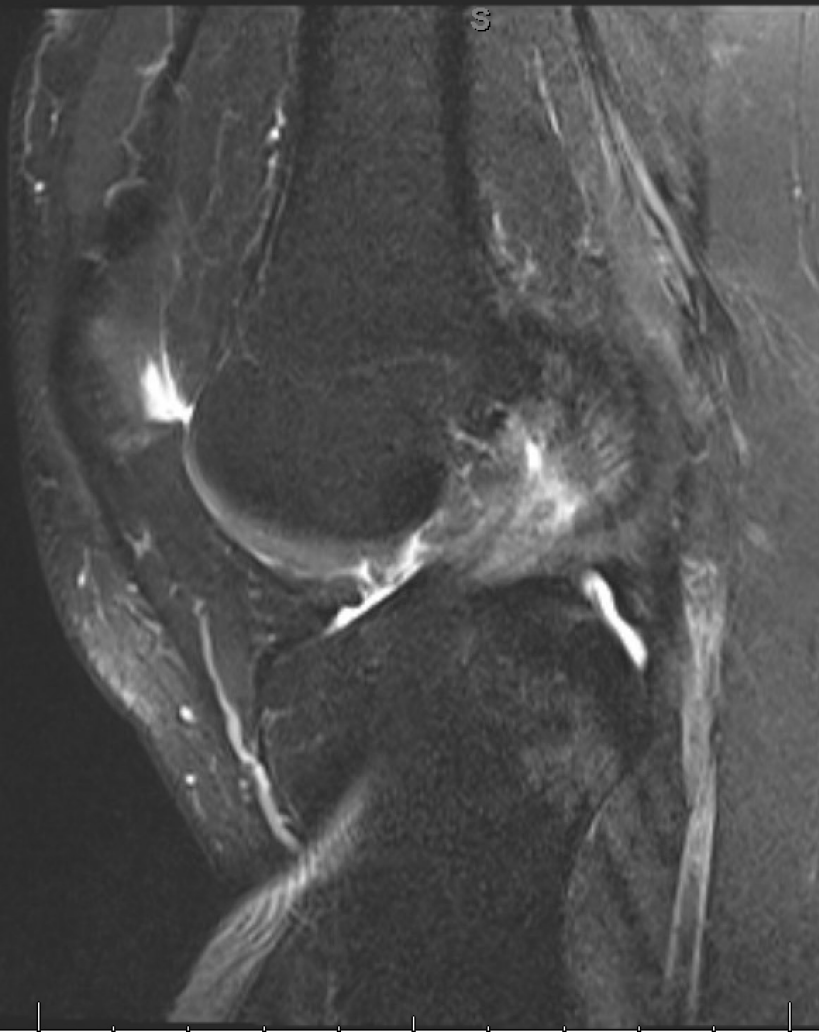
- 24M ultimate frisbee player w/ L knee pain and instability for 2wks
- Noncontact twisting injury
- Exam
 - + effusion
 - ROM 0-140° (0-140°)
 - Able to perform SLR
 - 2B Lachman, + AD
 - +1 varus, +1 valgus in extension/20°
 - NVI



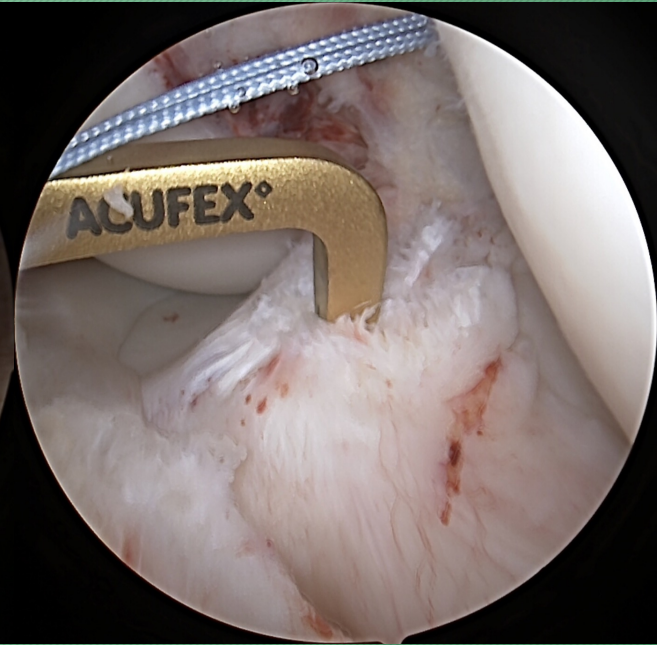
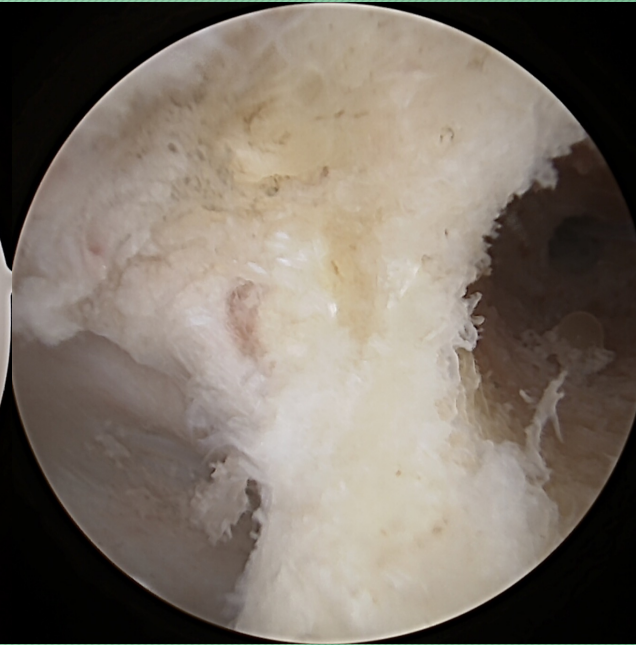
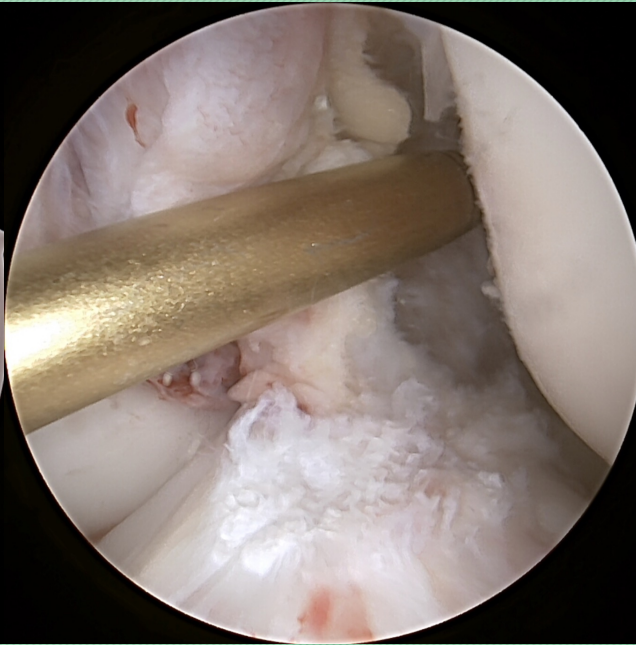
Case J.S.



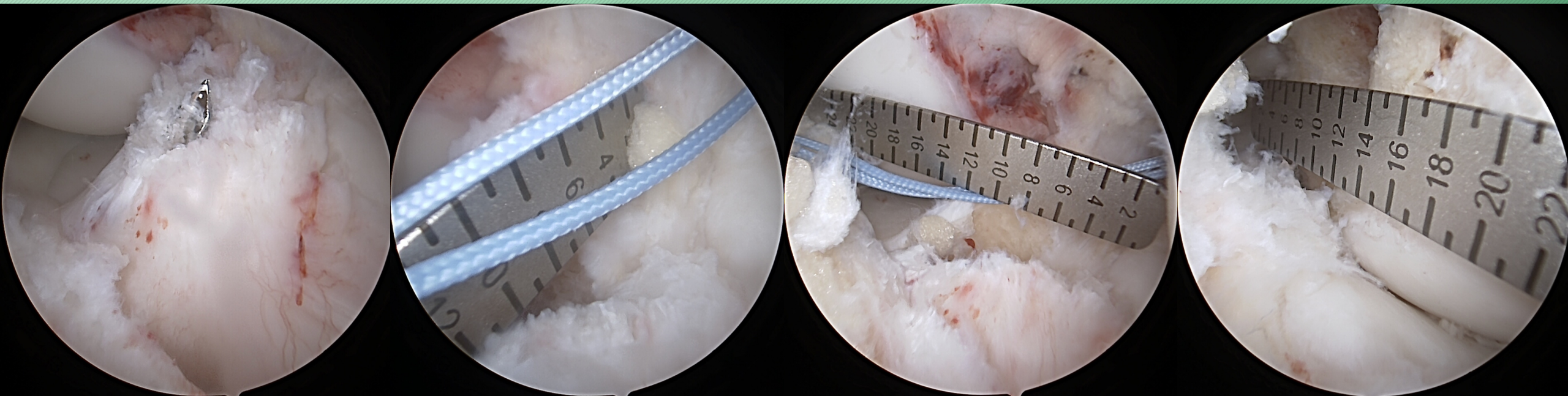
Case J.S.



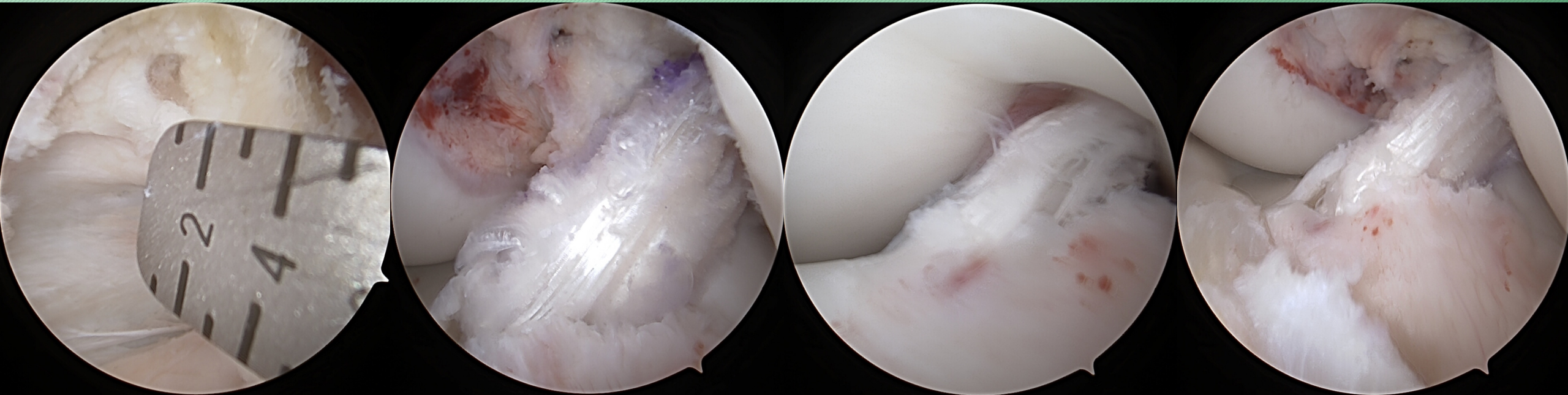
Case J.S.



Case J.S.



Case J.S.



Case J.S. - 1wk FU

- Doing well
- Mild pain
- Large effusion
- Good quad set, unable to do SLR
- ROM 0-25°

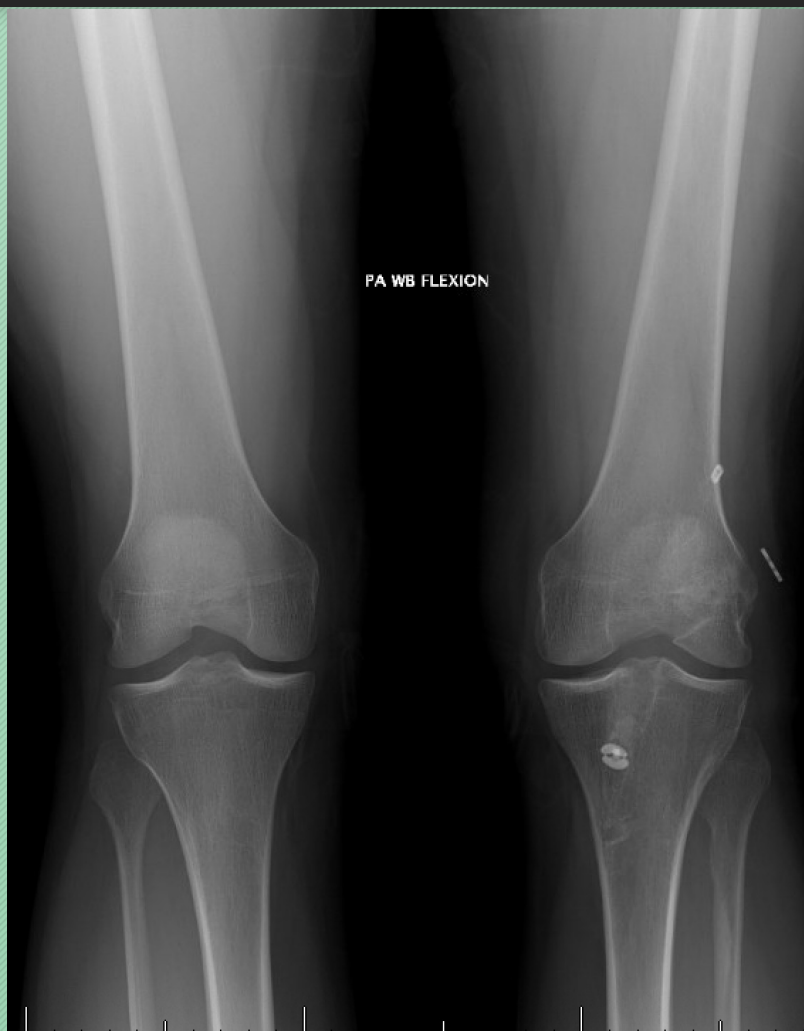


Case A.D.

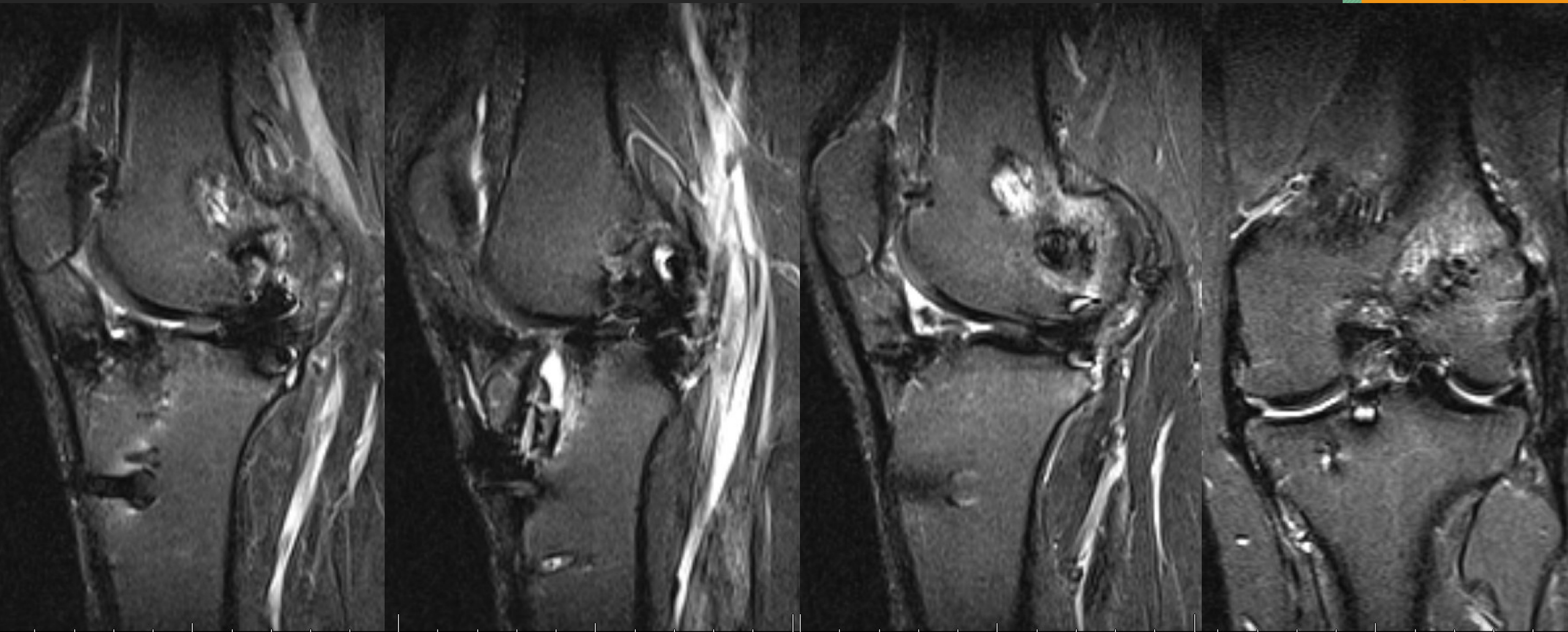


- 29M w/ L knee instability
- 2018: L ACL-R allo
- 2022: L knee ACL tunnel bone grafting
- 2023: L revision QT ACL-R + MM root repair
- 2023: L revision x2 BTB ACL-R + LET
- Exam:
 - ROM 0-120°
 - + Lachman, + PS
 - No MJLT or LJLT
 - 9° PTS, symmetric 6° valgus

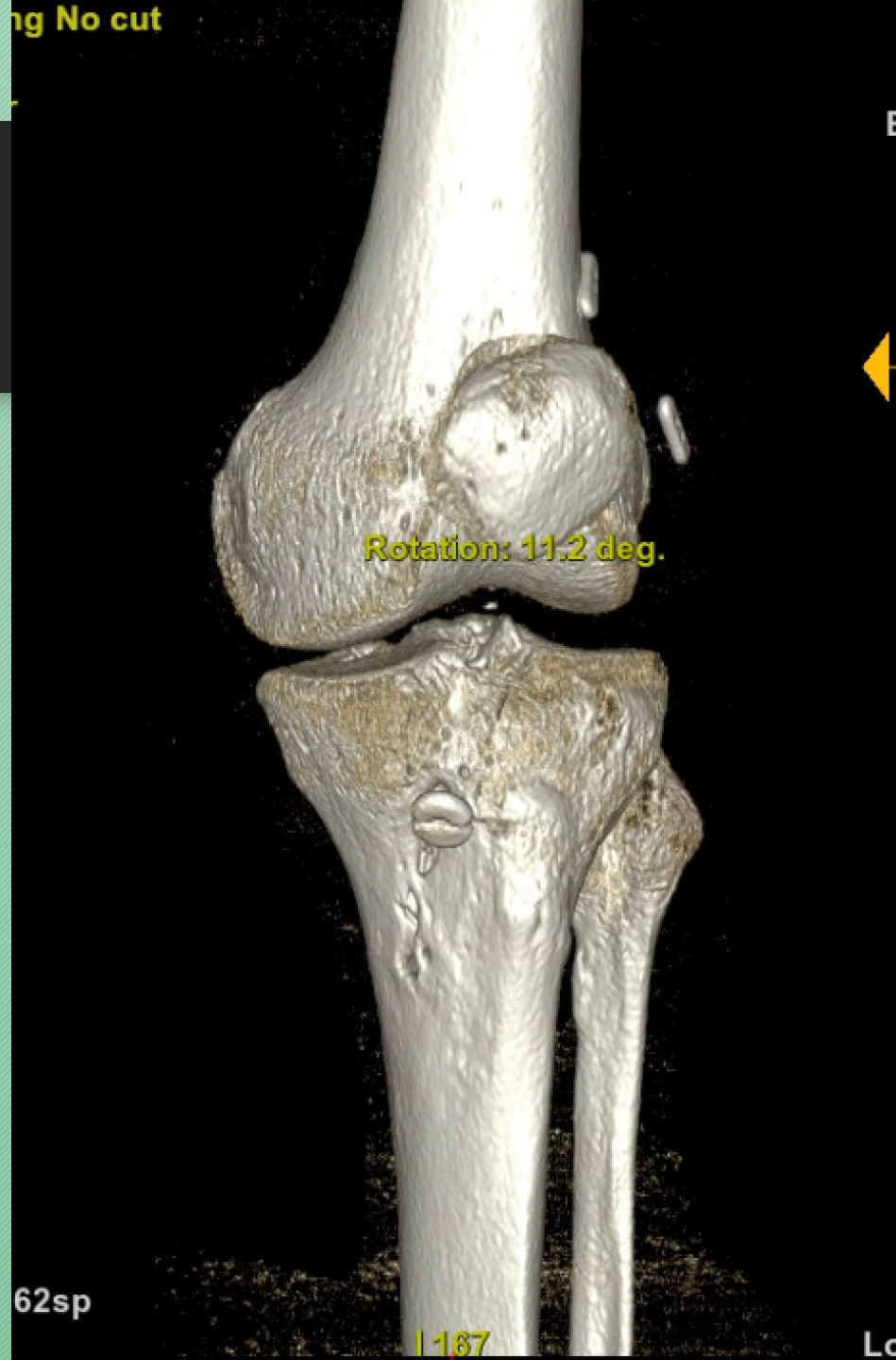
Case A.D.



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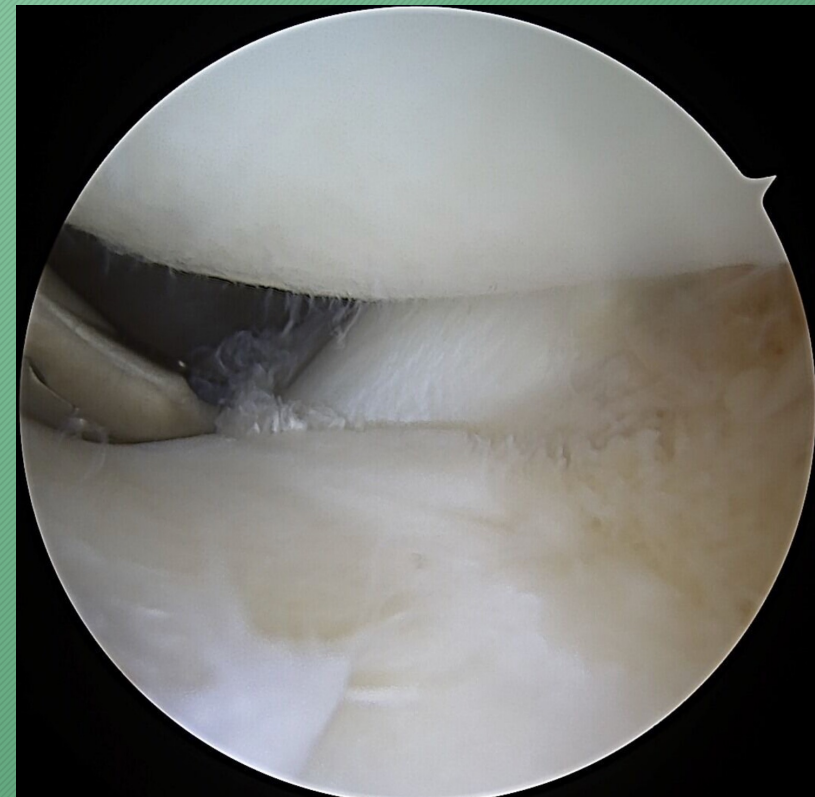
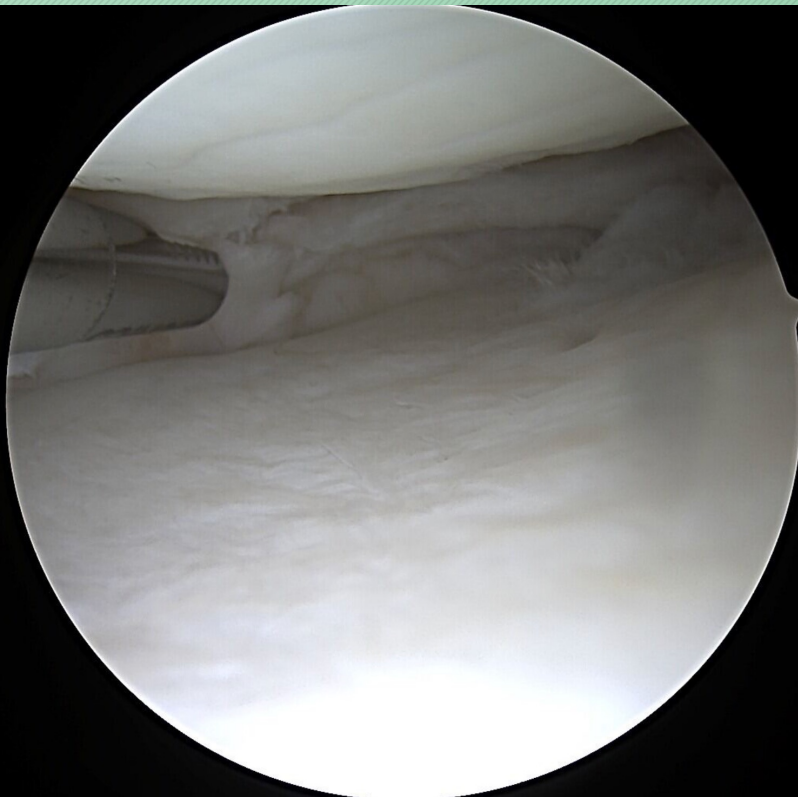
Case A.D.



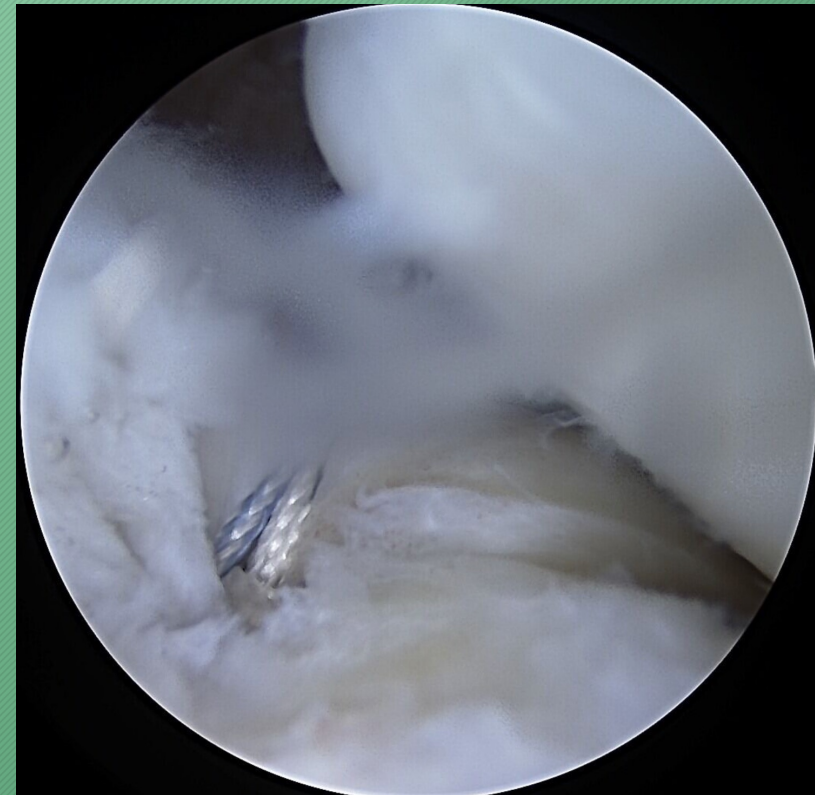
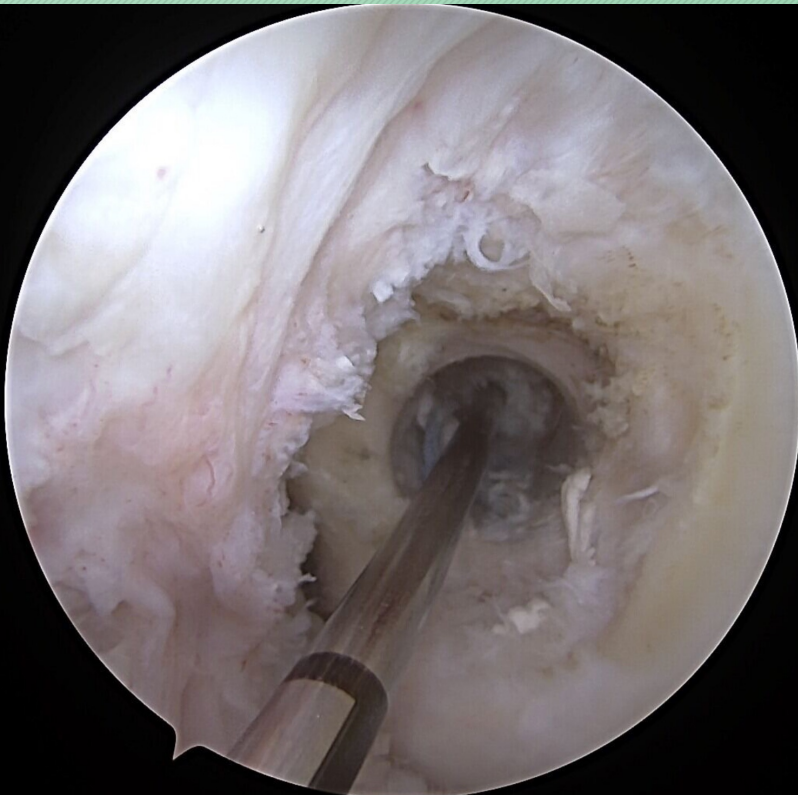
Case A.D. - MCW-DFO, LM root repair, ACL fem tunnel bone grafting



Case A.D. - MCW-DFO, LM root repair, ACL fem tunnel bone grafting



Case A.D. - MCW-DFO, LM root repair, ACL fem tunnel bone grafting



Case A.D. - MCW-DFO, LM root repair, ACL fem tunnel bone grafting



Case A.D. - 2 ½mos FU



- Fell 3d prior, acute medial pain, varus/valgus instability
- Large effusion
- ROM 0-90°
- Fair quad set
- MJLT
- 2+ valgus opening

Case A.D.



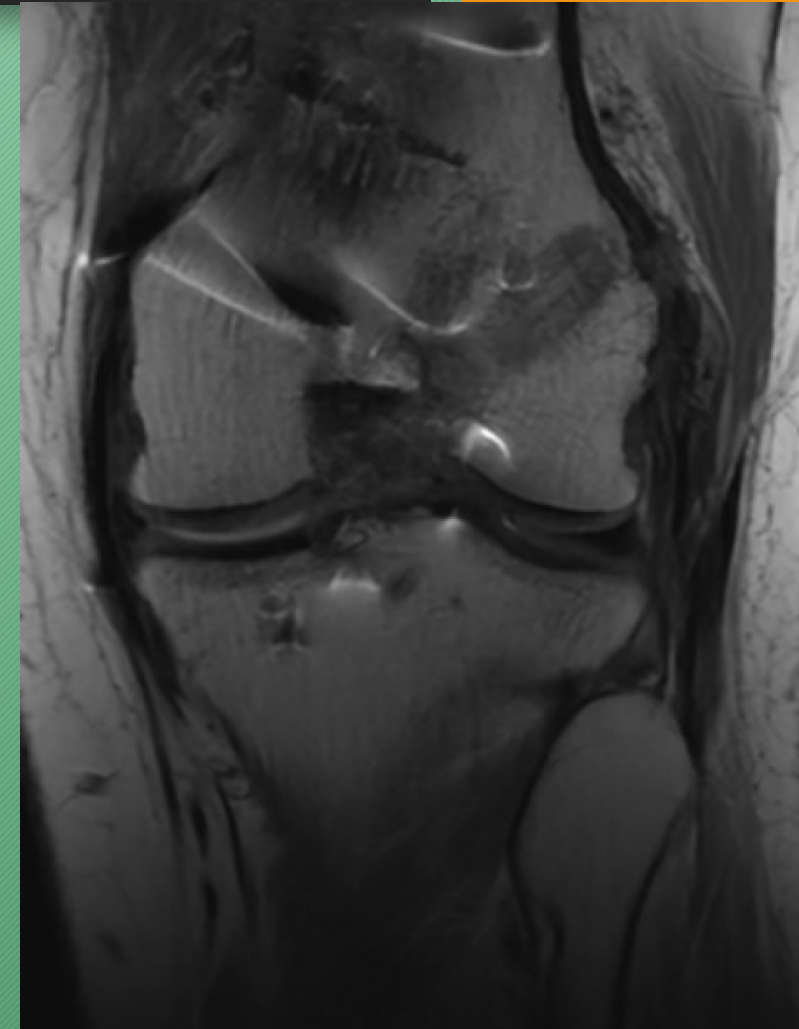
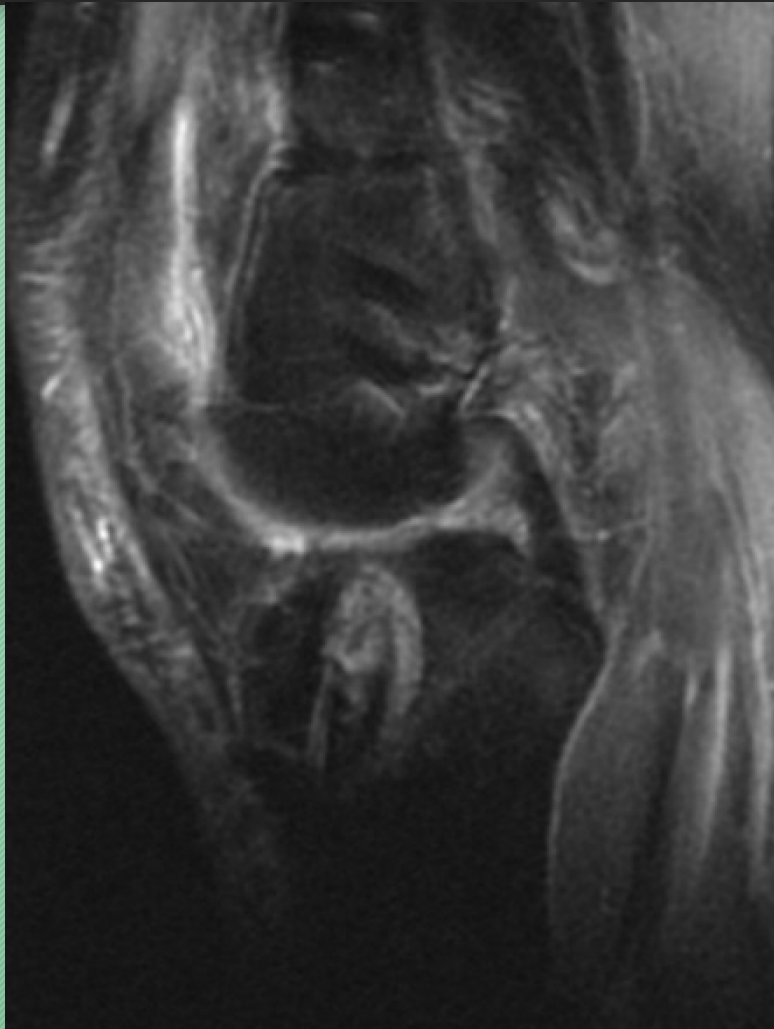
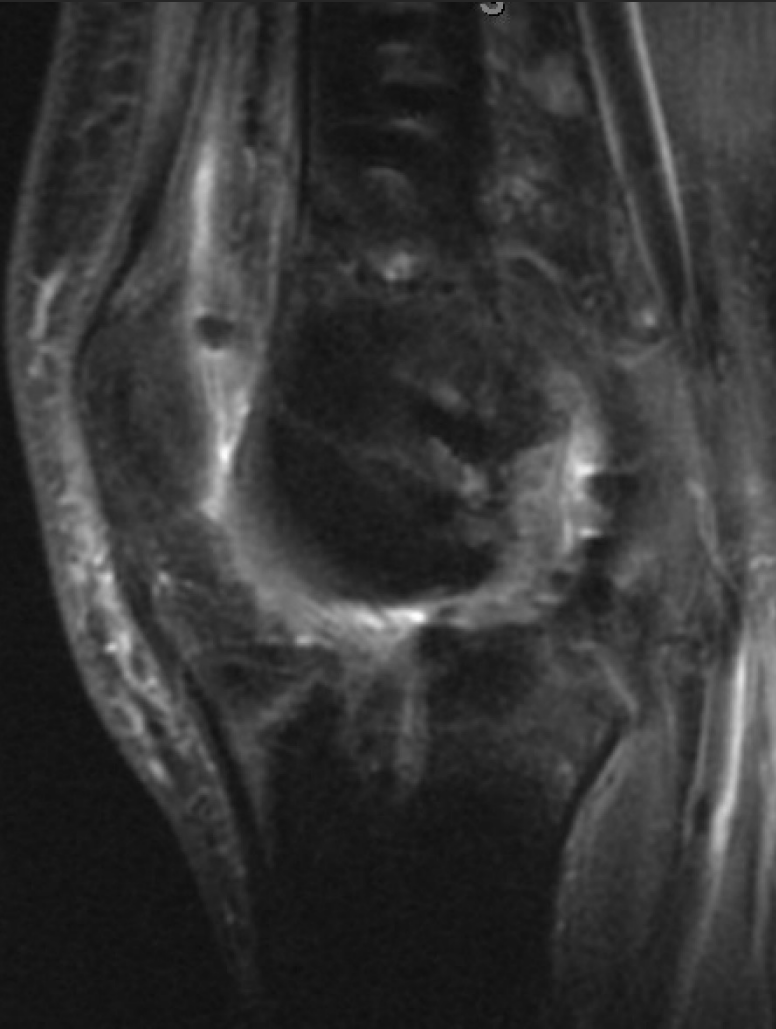
Valgus stress
8mm vs 11mm



Varus stress
11mm vs 15mm



Case A.D.



Thank You!

