



ITB Harvesting

Christian LUTZ*, Jean-Marie FAYARD**

**Institut de Chirurgie Orthopédique et Sportive,
Strasbourg, France*

***Centre Orthopédique Santy
Lyon, France*



LYON KNEE
SCHOOL of SURGERY

Disclosure

- CL:

Consultant: Arthrex, Zimmer Biomet, Lamina Therapeutics

- JMF:

Consultant: Arthrex, NewClip Technics

Royalties: NewClip Technics, X Nov

- ITB use since 70's

McIntosh et al. J Bone Joint Surg 1976

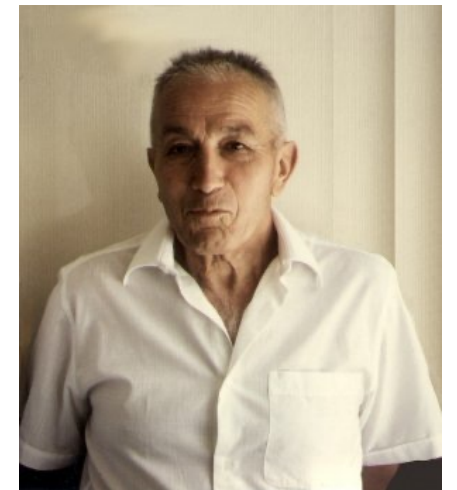
Lemaire M. Fréquence Clinique Traitement Chir 1967

- Biomechanical properties: valuable graft for ACL-R

Delcroix et al. Arthroscopy 2013

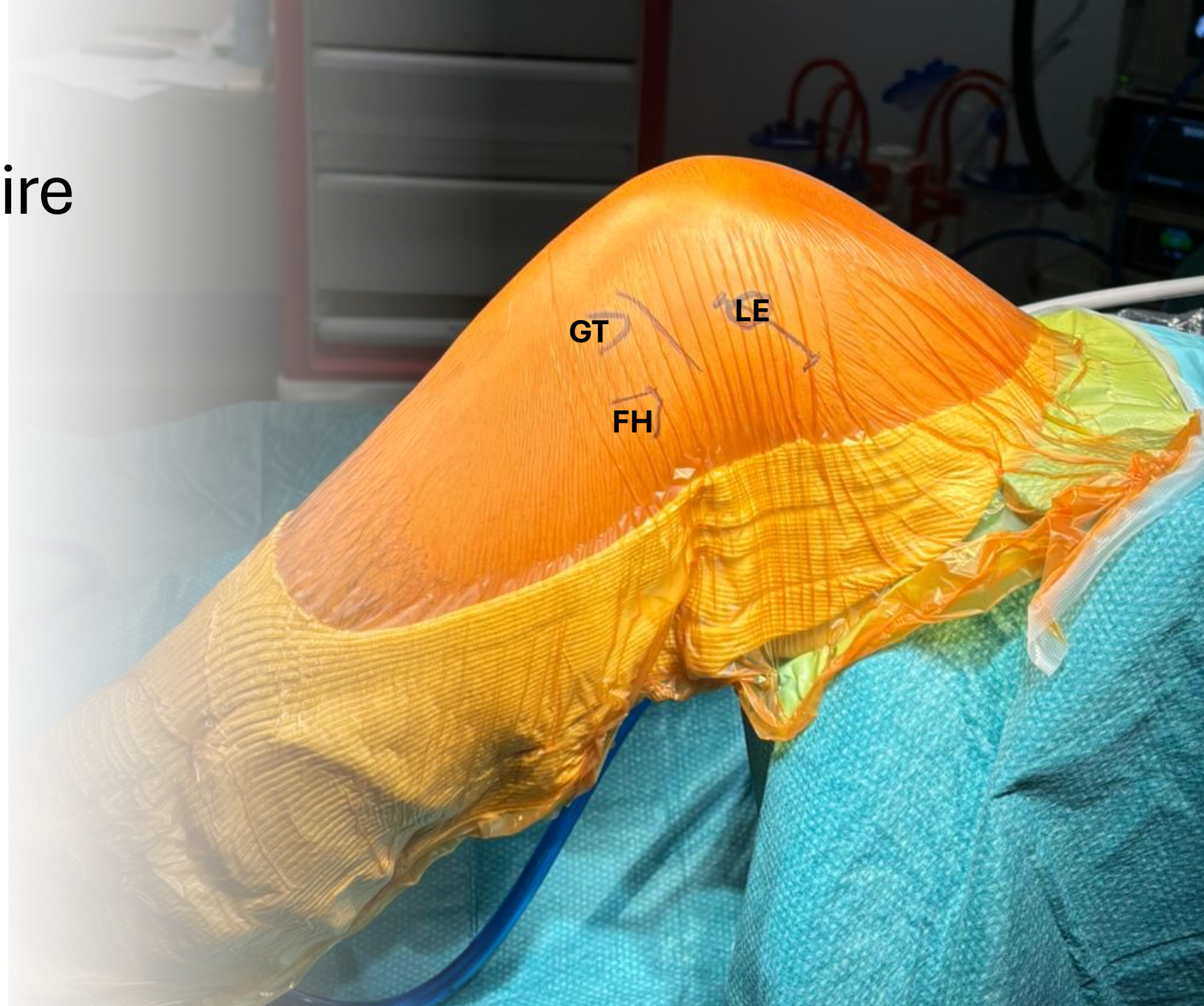
Chan et al. Arthroscopy 2010

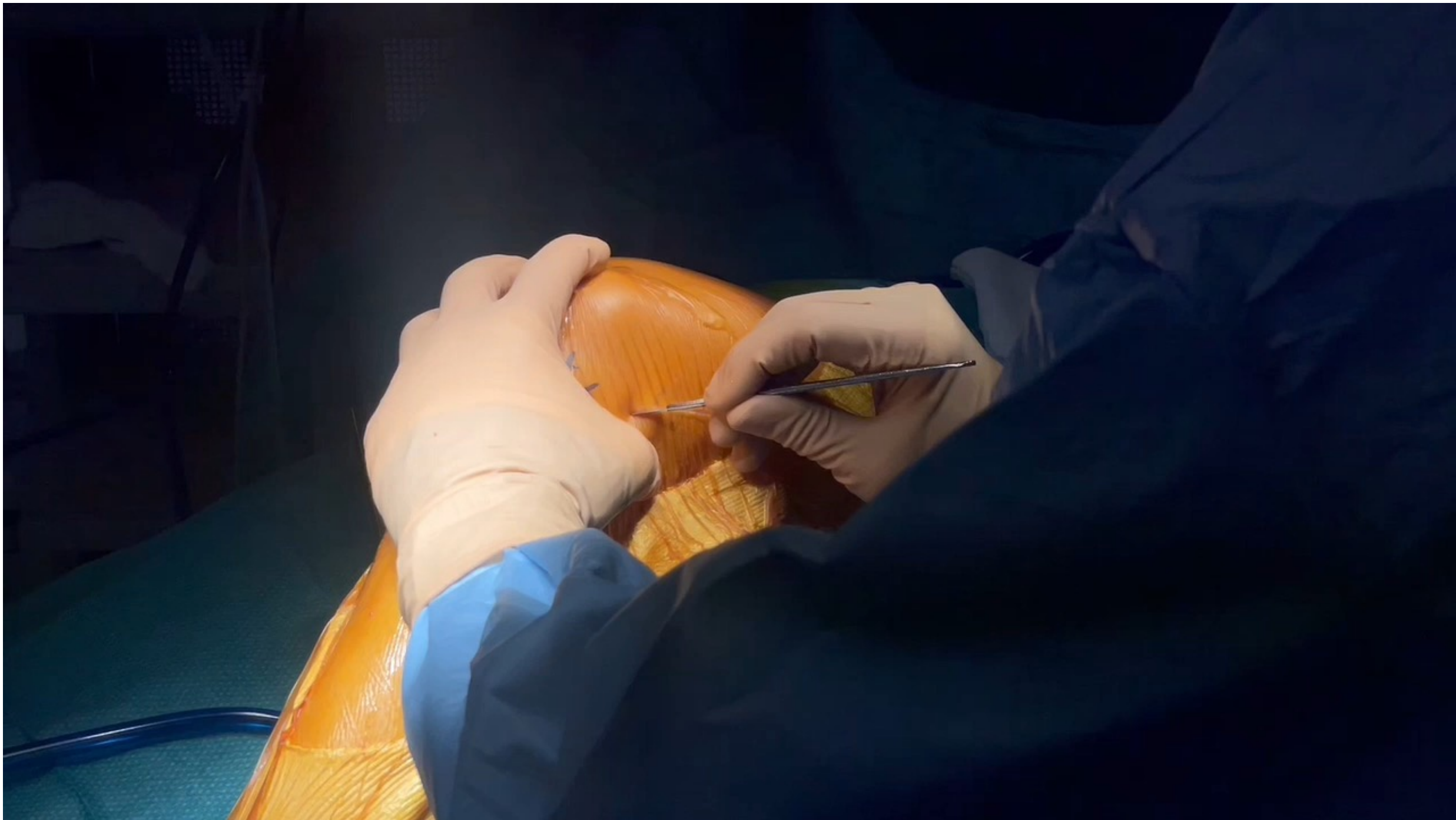
- Can be used for isolated LET or combined ACL-LET



Isolated LET: modified Lemaire Procedure

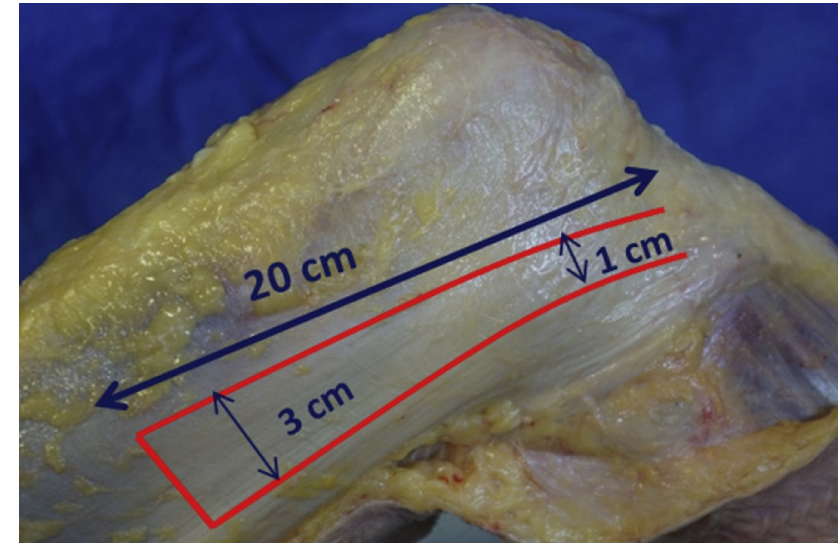
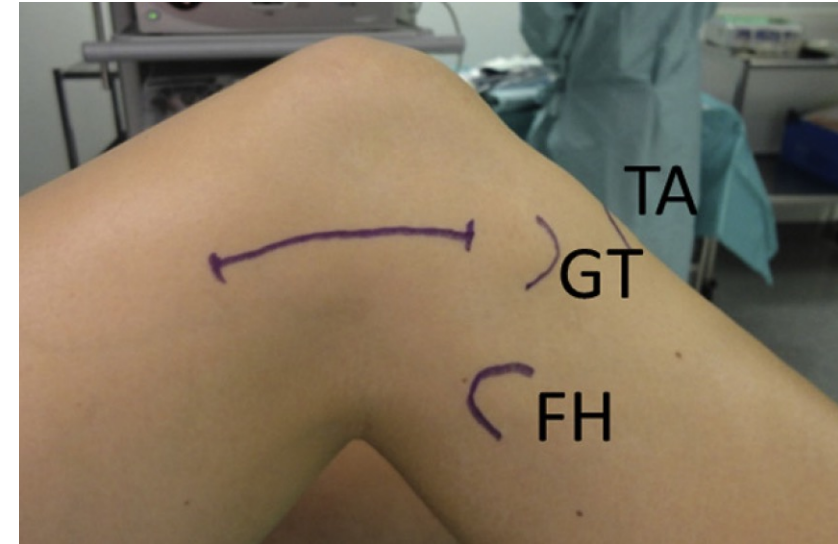
- Supine position
- Knee flexed 90°
- 4-5 cm approach
- Starts 1cm distal to LE
- Runs 5 cm proximally

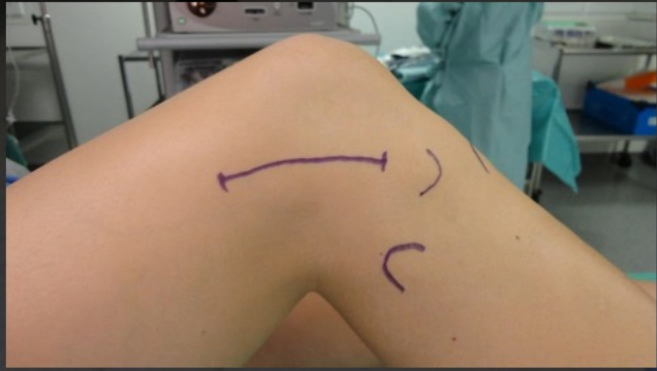




Combined ACL+LET

- Same approach
- 10 cm length incision
- 1cm wide graft distally, 3cm proximally
- 20 cm length graft





Pitfalls

Pitfalls	Tricks
Postoperative heamatoma	Tourniquet release before closure

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Proximal hernia	Use large and long retractor

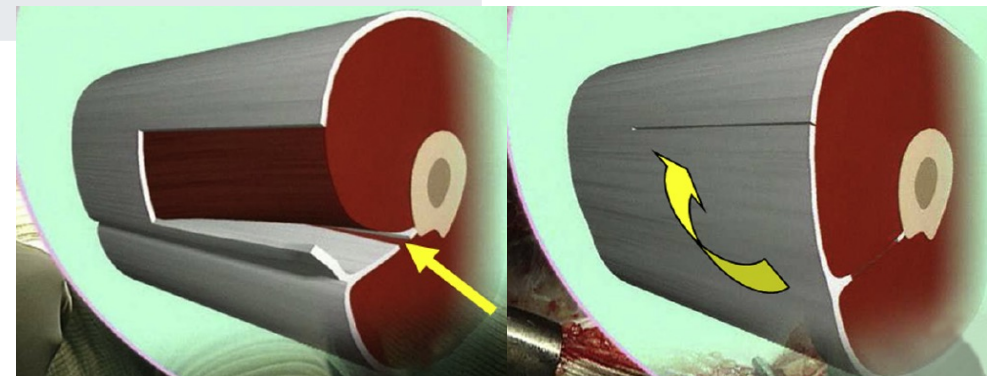


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Graft diameter	Augment with hamstring

Pitfalls

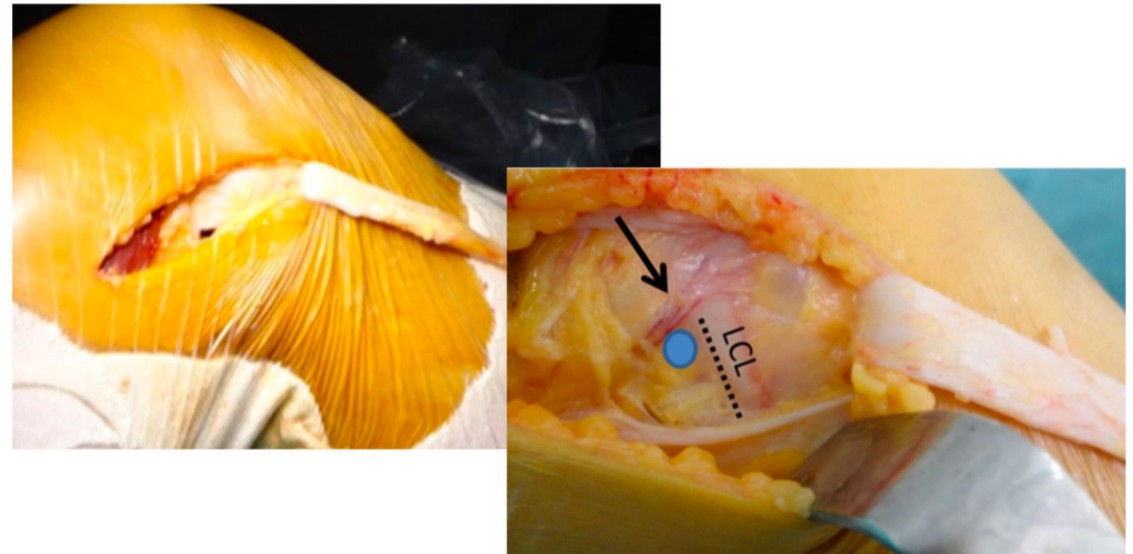
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ITB closure	Jeager trick



Conclusion

- ITB valuable option for both LET and ACL-R
- Low morbidity
- Step by step technique: minimal invasive approach

Combined ACLR and lateral extra-articular tenodesis with a continuous iliotibial band autograft is a viable option in a population of athletes who participate in pivoting sports



„The differential laxity was 6.6 mm (± 1.7) preoperatively and 1.1 mm (± 1.4) postoperatively. Additionally, 97% were equal in pivot shift at the last followup. “



Thank you