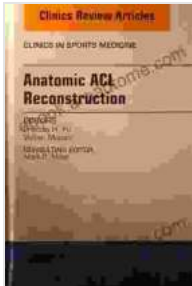


Anatomic ACL Reconstruction: A Comprehensive Guide for Sports Medicine Professionals



Anatomic ACL Reconstruction, An Issue of Clinics in Sports Medicine (The Clinics: Orthopedics)

★★★★★ 5 out of 5

Language : English
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Screen Reader : Supported
Enhanced typesetting : Enabled



The anterior cruciate ligament (ACL) is one of the most important ligaments in the knee. It helps to stabilize the knee joint and prevents the tibia from sliding forward on the femur. ACL injuries are common in athletes, and they can be debilitating.

ACL reconstruction surgery is a procedure to repair a torn ACL. The goal of surgery is to restore stability to the knee joint and allow the patient to return to their previous level of activity.

Anatomic ACL reconstruction is a type of ACL reconstruction surgery that uses a graft from the patient's own body to replace the torn ACL. This type of surgery is less invasive than traditional ACL reconstruction surgery, and it has a shorter recovery time.

Patient Selection

The first step in ACL reconstruction surgery is patient selection. Not all patients are candidates for anatomic ACL reconstruction. Patients who are good candidates for this type of surgery are those who have a stable knee joint and who are able to tolerate the rigors of surgery and rehabilitation.

Preoperative Planning

Once a patient has been selected for surgery, the next step is preoperative planning. This involves determining the size and location of the graft, as well as the surgical approach that will be used.

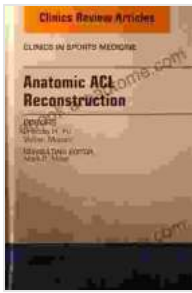
Surgical Techniques

There are a variety of different surgical techniques that can be used to perform anatomic ACL reconstruction. The most common technique is the transtibial technique. This technique involves making an incision over the tibia and then drilling a tunnel through the bone. The graft is then passed through the tunnel and attached to the femur.

Postoperative Rehabilitation

After surgery, patients will undergo a period of postoperative rehabilitation. This rehabilitation will help to restore range of motion to the knee joint and strengthen the muscles around the knee. Patients will typically be able to return to their previous level of activity within 6-12 months after surgery.

Anatomic ACL reconstruction is a safe and effective procedure for repairing a torn ACL. This type of surgery is less invasive than traditional ACL reconstruction surgery, and it has a shorter recovery time. Patients who undergo anatomic ACL reconstruction surgery can expect to return to their previous level of activity within 6-12 months after surgery.



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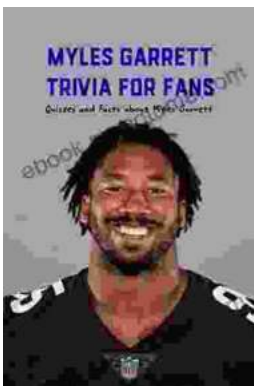
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