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Michael Borsky

Etzelclinic, Switzerland

Three years results after ACL surgery with different types of transplants

Purpose: We evaluated patients undergoing Anterior Cruciate Ligament (ACL) replacement comparing the results of different types of grafts.

Methods: 3 years after ACL replacement Lysholm, Tegner and IKDC scores are evaluated. Anterior translation is measured by the Rollimeter and rotational stability tested by the pivot shift. Donor site morbidity and anterior knee pain are questioned.

Results: There were 29 BTB autografts (A), 54 BTB allografts (B), 87 Hamstring autografts (C) and 8 Hamstring allografts (D). There was no significant difference regarding the Lysholm, IKDC and Tegner score. The anterior translation was slightly better in the BTB allograft group -0.30 ± 1.29 (B) versus 0.39 ± 1.29 (A) and 0.46 ± 1.23 (C) respectively ($p < 0.05$). There was no difference between the groups regarding patients with negative pivot shift (more than 93% each). No anterior knee pain was present only in 14% of the Patients in group A compared to 77% in group B, 97% in group C and 83% in group D respectively ($p < 0.001$).

Conclusion: Beside financial arguments the BTB allograft could be the graft of choice for ACL reconstruction showing a slightly better a/p stability at three years compared to BTB allograft and Semitendinosus autograft. Furthermore, there is a donor site morbidity in a considerable number of the BTB autograft patients. Evidence level II, prospective, non-randomised study.

Biography

Michael Borsky is practicing surgery for 30 years. Graduated from the University of Zurich he spent most of his residency in institutions around the city of Zurich, including the Zurich University Hospital. At last head of surgical department in a country hospital in the larger Zurich area he founded together with another colleague in the year 2000 the "etzelclinic", a surgical and orthopaedic unit. In the meantime, the "etzelclinic" accommodates 8 surgeons, each team dealing only with one joint. He was from the beginning pushing the "orthobiology" treatments additionally to the surgical treatments of knee diseases, especially in knee osteoarthritis, being amongst the first in Switzerland offering intraarticular Platelet -Rich Plasma (PRP) preparations.

borsky@etzelclinic.ch