Patient guide

Advance Orthopaedic & Sports Injury Centre, Ballari

ACL and ligament reconstruction

A knee that gives way, rebuilt so a return to sport can be planned rather than hoped for.

The ACL is a ligament inside the knee that stops the shin from sliding forward. When it tears, the knee can buckle. Reconstruction uses a graft, placed through arthroscopy, to stand in for the torn ligament. PCL and multiligament injuries are treated in the same way, with the graft chosen for your knee.

Duration: Often about 1–2 hours when other structures are involved.

Anaesthesia: Usually regional or general.

Stay: Often day-care or one night.

Recovery: Running is a later stage. Match play is often many months away.

1. Settle the knee — Swelling down, full or near-full bend, and a strong quadriceps before the date.

2. Graft — The graft chosen for your knee is prepared.

3. Tunnels and fixation — Through small portals the graft is seated and fixed. Other damage is treated in the same view.

4. Brace and bend — A brace and a bending plan start early. The exact angles are written for you.

Stability for pivoting sport is the aim. The calendar is individual. No return-to-play percentage is published here.

This sheet is general information. It is not a personal plan.