

Functional Outcome of Arthroscopic Reconstruction of Anterior Cruciate Ligament Injuries Using Semitendinosis-Gracilis Graft

Dr. Shah Shaival Kalpesh¹, Dr. Pradeep E^{2*}, Dr.Sathik Babu³, Dr. Arun Kumar KV², Dr. Thirumal⁴

¹Junior resident, ² Associate Professor, ³ Professor and Head, ⁴Senior Resident, Department Of Orthopaedics, Chettinad Hospital And Research Institute,Tamil Nadu

Corresponding Author: Dr. Pradeep E

Email: javadatt21@gmail.com



Abstract

Aim:To determine the functional outcome of arthroscopic ACL reconstruction using semitendinosis-gracilis graft, in patients with anterior cruciate ligament tears.**Materials and Methods:** This is a prospective observational study, of the patients Aged >18 years to <55 years old, who underwent, Arthroscopic reconstruction of anterior cruciate ligament injuries using semitendinosis-gracilis graft, at Chettinad Hospital and Research Institute (CH&RI), during the period, 11/3/2020 to 15/4/2021(13 months). Follow up period till 15/10/2021. Patients satisfying the inclusion criteria, alone were included, in this study. Total 36 patients were included in this study. The patients, were followed up, at the end of the 3rd, 6th month, from the date of surgery.**Results:**The mean age of the patients of the study was 33.03 ± 8.89 years with minimum age of 20 years and maximum age of 55 years. In present study at 3 months, 66.67% of patients had fair lysholm score followed by 22.22% had poor score and 11.11% of cases had good score. The mean lysholm score at 3 months was 74.58 ± 8.12 with minimum score of 58 and maximum score of 86. At 6 months 63.89% of patients had good lysholm score followed by 30.56% of cases had excellent score and 5.56% of cases had fair score with mean lysholm score at 6 months was 91.47 ± 5.78 with minimum score of 78 and maximum score of 100. The mean knee society score of patients at 3 months was 76.83 ± 5.71 with minimum score of 61 and maximum score of 86. The mean knee society score at 6 months was 92.97 ± 5.58 with minimum score of 77 and maximum score of 100. The mean distance in single hop test was 81.39 ± 11.05 cms with minimum distance of 51cms and maximum distance of 103cms.**Conclusion:** ACL reconstruction with semi-tendinosis and gracilis graft gives good functional outcomes which might be due to the advancements in the surgical techniques and fixation device.

Keywords: Arthroscopic reconstruction, ACL injuries, Semitendinosisgracilis graft, knee ligament injuries.