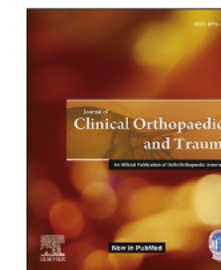


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Journal of Clinical Orthopaedics and Trauma 12 (2021) 183–186

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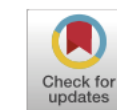
Journal of Clinical Orthopaedics and Trauma

journal homepage: www.elsevier.com/locate/jcot

Preferences in anterior cruciate ligament reconstruction and return to sport: A survey among surgeons in the Netherlands

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ARTICLE INFO

Article history:

Received 28 September 2019

Received in revised form

2 February 2020

Accepted 3 February 2020

Available online 10 February 2020

Keywords:

ACL

Anterior cruciate ligament reconstruction

Return to sport

Surgical procedure

Web-based survey

ABSTRACT

Objective: The purpose of this study was to investigate the preferences of surgeons on technique for femoral tunnel placement, graft selection and criteria for return to sport in the Netherlands.

Methods: A web-based survey among the Dutch Association of Arthroscopy was conducted.

Results: A total of 125 members (24.0%) were included in the analysis. A total of 87.2% (n = 109) used hamstring autografts for primary ACL reconstruction followed by patellar tendon autograft (n = 11, 8.8%) and quadriceps tendon autograft (n = 5, 4.0%). The anteromedial technique was favored by 50.4% (n = 63), whereas 11.2% (n = 14) of the participants favored the transtibial technique. Return to sport after 9 months of primary ACL reconstruction was allowed by 75.2% (n = 94) of the participants. Regarding criteria to evaluate readiness to return to sport, the surgeons stated postoperative period (n = 107, 85.6%) and functional performance tests (n = 96, 76.8%) as important.

Conclusion: The majority of the participants of the Dutch Association of Arthroscopy favored the hamstring autografts for primary anterior cruciate ligament reconstruction. Furthermore, most participants stated postoperative time and functional performance tests as important criteria to evaluate readiness to return to sport. This is the first survey demonstrating a high preference of surgeons to use functional performance tests in the decision-making of readiness to return to sport.

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