

Le tecniche chirurgiche: le nuove tecniche con semitendinoso e gracile

**INTRA AND EXTRA-ARTICULAR ACL RECONSTRUCTION UTILIZING
AUTOGENEOUS SEMITENDINOSUS AND GRACILIS TENDONS: FIVE YEARS
CLINICAL RESULTS.**

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This is a prospective study of 50 patients who underwent ACL surgery utilizing hamstring tendons with a modification including intra and extraarticular reconstruction.

The male/female ratio was 40/10, mean age at surgery was 28. All patients competed at a high level athletically in various sports. Full return to sports was allowed at 4 months.

IKDC score and KT-2000 were used for assessing clinical outcome at mean 6.4 years follow-up (min. 5y.-max. 7y.) Resumption of sport, Tegner Activity score and Isokinetic test were also used. The IKDC score gave 92% of normal or nearly normal knees. Extension deficit was never observed. KT evaluation was < 3 mm in 38 cases (76%), between 3 and 5 mm in 9 cases (18%) and more than 5 mm in 3 cases (6%). 90% of the cases resumed sport at the same level. The Tegner activity score had a mean value of 8.1 (min. 5 - max. 10). The Isokinetic test showed no deficit for hamstring and quadriceps muscles.

Removal of staples was necessary in 8 cases (16%) due to femoral lateral bursitis. Acute reconstruction had significantly better manual stability, and KT value. Men had significantly better results than women (p.025).

This technique demonstrated a high reliability, low morbidity, low functional deficit and fast recovery using hamstring grafts.

Key words: Anterior cruciate ligament, hamstring tendons, follow-up, sport activity.
