

ACL injuries: Is it the time we can say you might not need surgery?

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AOA

AUSTRALIAN
ORTHOPAEDIC
ASSOCIATION



Consensus position statement on non operative and operative management in ACL injury from Australian orthopedic association, Australian knee association and Australian physiotherapy physiotherapy association

physiotherapy
inmotion

ACL injury consensus position statement and guideline for physios

ACL surgeries in Australia

The exact number of ACL surgeries performed annually in Australia is not readily available.

The rate of ACL reconstructions increased by 43% between 2000 and 2015 in Australia. (Medical Journal of Australia, 2018)

ACL surgeries for 10-14 years old has been increasing rapidly and it is always the preferred option for most both parents and surgeons. (Shaw, 2017)



The question: Can we avoid surgery and manage conservatively?



Why surgery is not always the only choice



- Rate of recurrence
- Risk factors for failure
- Return to sports
- Evidence of OA after 14 years
- Similar outcomes in surgery and non surgery group!!
- Burden on public health, Cost and time consuming







Recent evidence in non operative ACL management

Review










Primary surgery versus primary rehabilitation for treating anterior cruciate ligament injuries: a living systematic review and meta-analysis

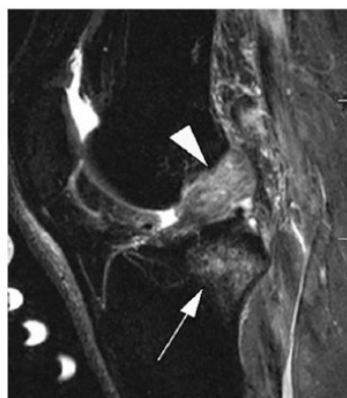
Tobias Saueressig ¹, Tobias Braun ^{2,3}, Nora Steglich,² Frank Diemer,⁴
Jochen Zebisch,¹ Maximilian Herbst,¹ Wolfgang Zinser,⁵ Patrick J Owen ⁶,
Daniel L Belavy ²



OPEN ACCESS

Evidence of ACL healing on MRI following ACL rupture treated with rehabilitation alone may be associated with better patient-reported outcomes: a secondary analysis from the KANON trial

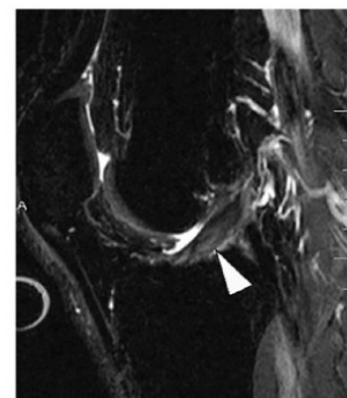
Stephanie Rose Filbay ¹, Frank W Roemer ^{2,3}, L Stefan Lohmander ⁴,
Aleksandra Turkiewicz ⁵, Ewa M Roos ⁶, Richard Frobell ⁴,
Martin Englund ⁵



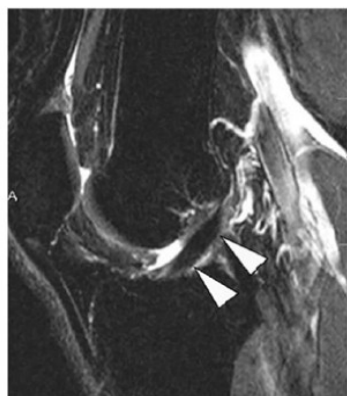
A. Baseline



B. 3 Months



C. 12 Months



D. 2 years



E. 5 years

Is the rehab difference between non-operative and operative rehabilitation

Patients' goals and expectations
(Zadro, 2018)

Base line assessment for patient
function, psychological risk (Filbay,
2019)

Early-stage management involves
bracing (Fujimoto, 2002)

Progression through phases (Grindem,
2019)



Copers vs non Copers

- Cluster of screening tests
- Incidence of knee giving way
- Self-report functional survey
- Self-report global knee function rating

Article - Knee

Coper Classification Early After Anterior Cruciate Ligament Rupture Changes With Progressive Neuromuscular and Strength Training and Is Associated With 2-Year Success: The Delaware-Oslo ACL Cohort Study

Louise M. Thoma, PT, PhD^{*}, Hege Grindem, PT, PhD[†], David Logerstedt, PT, PhD[‡], Michael Axe, MD[§], Lars Engebretsen, MD, PhD^{†,¶,||}, May Arna Risberg, PT, PhD^{†,||}, and Lynn Snyder-Mackler, PT, ScD^{*,#}

Examples in high level athletes



Lonzo Ball undergoes third surgery on injured knee

What about my neighbor?

After, we had a discussion that explained simply what we had discussed and had another conversation with his surgeon. He decided to choose conservative management.





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CREATE CHANGE

Thank you

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