

Contents

SECTION I - ANTERIOR CRUCIATE LIGAMENT INJURY

Part A Anatomy, Physiology, Biomechanics, Epidemiology

1. Anatomy and Biomechanics of the Anterior Cruciate Ligament
James S. Starman, Mario Ferretti, Timo Järvelä, Anthony Buoncrisiani, Freddie H. Fu 3
2. Mechanisms of Noncontact Anterior Cruciate Ligament Injuries
William E. Garrett, Jr., Bing Yu 12
3. Risk and Gender Factors for Noncontact Anterior Cruciate Ligament Injury
Letha Y. Griffin, James Kercher 18
4. The Incidence of Anterior Cruciate Ligament Injury as a Function of Gender, Sport, and Injury-Reduction Programs
Chadwick C. Prodomos, Yung Han, Julie Rogowski, Brian T. Joyce, Kelvin Shi 28
5. Analysis of Anterior Cruciate Ligament Injury-Prevention Programs for the Female Athlete
Holly J. Silvers, Robert H. Brophy, Bert R. Mandelbaum 42

Part B Clinical

6. Diagnosis of Anterior Cruciate Ligament Tear
Chadwick C. Prodomos, Brian J. Murphy 53

7. Nonoperative Management of Anterior Cruciate Ligament Deficient Patients
Elias Tsepis, George Vagenas, Giannis Giakas, Stavros Ristanis, Anastasios Georgoulis 60

8. Arthrosis Following Anterior Cruciate Ligament Tear and Reconstruction
Nicholas E. Obly, John F. Keating 69

SECTION II - ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION

9. The Economics of Anterior Cruciate Ligament Reconstruction
Chadwick C. Prodomos, Julie Rogowski, Brian T. Joyce 79

Part A Graft Mechanical Properties

10. The Relative Strengths of Anterior Cruciate Ligament Autografts and Allografts
Chadwick C. Prodomos, Brian T. Joyce 84
11. Why Synthetic Grafts Failed
Don Johnson 88

Part B Autograft Harvest Techniques

12. Hamstring Harvest Technique for Anterior Cruciate Ligament Reconstruction
Don Johnson 91
13. Posterior Mini-Incision Hamstring Harvest Approach for Anterior Cruciate Ligament Reconstruction
Chadwick C. Prodomos 95

14. Technique for Harvesting a Mid-Third Patella Tendon Graft for Anterior Cruciate Ligament Reconstruction *Bertram Zarins* 101
15. The Central Quadriceps Free Tendon for Anterior Cruciate Ligament Reconstruction
John P. Fulkerson 106

Part C Hamstring Graft Configurations

16. Hamstring Anterior Cruciate Ligament Reconstruction with a Quadrupled or Tripled Semitendinosus Tendon Graft *Alberto Gobbi, Ramces Francisco* 110
17. 2ST/2Gr, 4ST, and 3ST/2Gr Techniques: Deciding Which Hamstring Configuration to Use
Chadwick C. Prodromos 115

Part D Principles of Tunnel Formation

SINGLE FEMORAL-TUNNEL FORMATION

18. Use of the Transtibial Technique to Avoid Posterior Cruciate Ligament and Roof Impingement of an Anterior Cruciate Ligament Graft *Stephen M. Howell* 121
19. The Anteromedial Portal for Anterior Cruciate Ligament Reconstruction *Manfred Bernard, Stavros Ristanis, Vassilis Chouliaras, Hans Paessler, Anastasios Georgoulis* 129
20. The Retrodrill Technique for Anterior Cruciate Ligament Reconstruction *Giancarlo Puddu, Guglielmo Cerullo, Massimo Cipolla, Vittorio Franco, Enrico Gianni* 134
21. Femoral Tunnel Placement to Restore Normal Knee Laxity After Anterior Cruciate Ligament Reconstruction *Andrew A. Amis* 140

DOUBLE ANTEROMEDIAL AND POSTEROLATERAL FEMORAL-TUNNEL FORMATION

22. Anatomical Double-Bundle Anterior Cruciate Ligament Reconstruction Procedure Using the Semitendinosus and Gracilis Tendons *Kazunori Yasuda* 147
23. Anatomical Anterior Cruciate Ligament Reconstruction with Double-Bundle, Double-Stranded Hamstring Autografts: A Four-Tunnel Technique *Pascal Christel, Philippe Colombet, James Robinson, Jean Pierre Franceschi, Patrick Djian, Abdou Sbibi, Guy Bellier* 155
24. Anatomical Double-Bundle Anterior Cruciate Ligament Reconstruction with a Semitendinosus Hamstring Tendon Graft *Alberto Gobbi, Ramces Francisco* 161

25. Anatomical Double-Bundle Reconstruction of the Anterior Cruciate Ligament *Anthony Buoncristiani, Fotios Paul Tjoumakaris, James S. Starman, Freddie H. Fu* 168

NOTCHPLASTY AND NAVIGATION

26. Notchplasty *Mark R. Hutchinson* 179
27. Computer-Assisted Navigation for Anterior Cruciate Ligament Reconstruction *Jason Koh* 186

Part E Fixation Biomechanics

28. Biomechanics of Intratunnel Anterior Cruciate Ligament Graft Fixation *Neal C. Chen, Charles H. Brown, Jr.* 194
29. High-Stiffness, Slippage-Resistant Cortical Fixation Has Many Advantages over Intratunnel Fixation *Stephen M. Howell* 204
30. Tibial Fixation for Anterior Cruciate Ligament Hamstring Grafts: 10 Techniques that Improve Fixation *Lonnie E. Paulos* 211

Part F Fixation Devices and Methods of Soft-Tissue Graft Femoral Fixation

SUSPENSORY CORTICAL

31. Endobutton Anterior Cruciate Ligament Reconstruction Femoral Fixation *Chadwick C. Prodromos* 218
32. Cortical Screw Post Femoral Fixation Using Whipstitches, Fabric Loop, or Endobutton: The Universal Salvage *Chadwick C. Prodromos* 227
33. EZLoc Femoral Fixation of a Soft-Tissue Graft *Stephen M. Howell* 233

CROSS-PIN

34. Stratis ST Femoral Fixation System *Paul Re, Tony Wanich, Russell F. Warren* 242
35. Pinn-ACL CrossPin System for Femoral Graft Fixation *Arturo Almazan, Donald H. Johnson* 253
36. TransFix Anterior Cruciate Ligament Femoral Fixation *Brian P. McKeon* 261
37. Stryker Biosteon Cross-Pin Femoral Fixation for Soft-Tissue Anterior Cruciate Ligament Reconstruction *John C. Anderson, Lonnie E. Paulos* 267

38. Anterior Cruciate Ligament Reconstruction Utilizing the Rigidfix for Femoral-Sided Fixation *John Richmond, Michael Kubn* 277

INTERFERENCE SCREW-BASED

39. Hamstring Tendon Interference Screw Fixation *Michael Wagner, Andreas Weiler* 284
40. Anatomical Retroscrew Anterior Cruciate Ligament Fixation: Single- and Double-Bundle Anterior Cruciate Ligament Reconstruction with Retroscrew Biointerference in a Single Femoral Socket *Steven Gorin, Craig D. Morgan, David Caborn* 299

Part G Soft-Tissue Graft Tibial Fixation

CORTICAL

41. Fastlok Device for Tibial Fixation of a Tripled or Quadrupled Semitendinosus Autograft for Anterior Cruciate Ligament Reconstruction *Alberto Gobbi, Ramces Francisco* 305
42. Whipstitch-Post Tibial Fixation for Anterior Cruciate Ligament Reconstruction *Chadwick C. Prodomos, Aaron Hecker* 310
43. WasherLoc and Bone Dowel Tibial Fixation of a Soft-Tissue Graft *Stephen M. Howell* 316
44. Double-Spike Plate: Cortical Fixation Device Enabling Graft Fixation Under Optional Tension *Konsei Shino* 324

INTERFERENCE SCREW-BASED

45. Anterior Cruciate Ligament Hamstring Graft Fixation with BioScrew XtraLok Tibial Fixation Device *Don Johnson* 328
46. Intratunnel Tibial Fixation of Soft-Tissue Anterior Cruciate Ligament Grafts: Graft Sleeve and Tapered Screw *Charles H. Brown, Jr., Nader Darwich* 330
47. Hamstring Anterior Cruciate Ligament Reconstruction with IntraFix Tibial Fastener *Joseph H. Sklar, Charles H. Brown, Jr.* 341

Part H Bone-Patellar Tendon-Bone Fixation: Femur or Tibia

48. Interference Screw Fixation in Bone-Patellar Tendon-Bone Anterior Cruciate Ligament Reconstruction *Gene R. Barrett, Taylor D. Brown* 354
49. Anterior Cruciate Ligament Reconstruction Using a Mini-Arthrotomy Technique with Either an

Ipsilateral or a Contralateral Autogenous Patellar Tendon Graft *K. Donald Shelbourne* 364

50. Bone-Patellar Tendon-Bone Anterior Cruciate Ligament Reconstruction Using the Endobutton Continuous Loop Bone-Tendon-Bone Fixation System *Stuart E. Fromm* 373

Part I Newer Interference Screw Materials

51. Milagro (Beta-Tricalcium Phosphate, Polylactide Co-Glycolide Biocomposite) Interference Screw for Anterior Cruciate Ligament Reconstruction *F. Alan Barber* 381
52. Improving Biodegradable Interference Screw Properties by Combining Polymers *Timo Järvelä, Janne T. Nurmi, Antti Paakkala, Anna-Stina Moisala, Auvo Kaikkonen, Markku Järvinen* 386

Part J Graft Tensioning

53. Graft Tensioning in Anterior Cruciate Ligament Reconstruction *Kazunori Yasuda* 392
54. Tensioning Anterior Cruciate Ligament Grafts *Lonnie E. Paulos* 399

Part K Ligamentization and Graft-Tunnel Healing

55. Graft Remodeling and Ligamentization After Anterior Cruciate Ligament Reconstruction *Sven Ulrich Scheffler, Frank Norman Unterhauser, Andreas Weiler* 407
56. Graft-Tunnel Healing *Giuseppe Milano, Laura Deriu, Carlo Fabbriani* 417

Part L Revision Anterior Cruciate Ligament Reconstruction

57. Revision Anterior Cruciate Ligament Reconstruction Using Autologous Hamstring Tendons *Andreas Weiler, Michael Wagner* 427
58. Revision Anterior Cruciate Ligament Reconstruction *Neil P. Thomas, Hemat G. Pandit* 443

Part M Anterior Cruciate Ligament Reconstruction for Skeletally Immature Patients or Partial Tears

59. Anterior Cruciate Ligament Reconstruction in Skeletally Immature Patients *Allen F. Anderson, Christian N. Anderson* 457
60. Anterior Cruciate Ligament Reconstruction of Partial Tears: Reconstructing One Bundle *Fotios Paul Tjounakaris, Anthony Buoncrisiani, James S. Starman, Freddie H. Fu* 470

Part N Treatment of Associated Ligament Injuries or Cartilage Deficiency

61. Anterior Cruciate Ligament Injury Combined with Medial Collateral Ligament, Posterior Cruciate Ligament, and/or Lateral-Side Injury *K. Donald Shelbourne* 477
62. Treatment of Meniscus Tears with Anterior Cruciate Ligament Reconstruction *K. Donald Shelbourne, Tinker Gray* 486
63. Anterior Cruciate Ligament Reconstruction Combined with High-Tibial Osteotomy, Autologous Chondrocyte Implantation, Microfracture, Osteochondral, and/or Meniscal Allograft Transplantation *Chadwick C. Prodromos, Brian T. Joyce* 493

Part O Rehabilitation

64. Anterior Cruciate Ligament Strain Behavior During Rehabilitation Exercises *Petteri Kousa, James R. Slauterbeck, Bruce D. Beynon* 501
65. Principles of Anterior Cruciate Ligament Rehabilitation *K. Donald Shelbourne, Tinker Gray* 509
66. The Stability-Conservative Anterior Cruciate Ligament Reconstruction Rehabilitation Protocol *Chadwick C. Prodromos* 521
67. Hamstring Regeneration Following Harvest for Anterior Cruciate Ligament Reconstruction: A Review of the Current Literature *Andrew Riff, Mark D. Miller* 528
68. Proprioception and Anterior Cruciate Ligament Reconstruction *Julian A. Feller, Kate E. Webster* 535

Part P Stability Results

69. Stability Results After Anterior Cruciate Ligament Reconstruction *Chadwick C. Prodromos, Brian T. Joyce* 540

Part Q Complications

70. Infections in Anterior Cruciate Ligament Surgery *Charalampos G. Zalavras, Michael J. Patzakis* 551
71. Allograft Complications and Risk Factors *Chadwick C. Prodromos, Brian T. Joyce* 561
72. Stiffness: Prevention and Treatment *Anastassios Karistinos, Lonnie E. Paulos* 565
73. Osteoporosis After Anterior Cruciate Ligament Reconstruction? *Lars Ejerhed, Jüri Kartus* 572
74. Tunnel Widening After Anterior Cruciate Ligament Reconstruction *Chadwick C. Prodromos, Brian T. Joyce* 576
75. Numbness/Saphenous Nerve *Tomoyuki Mochizuki, Keiichi Akita, Takeshi Muneta* 580
76. Hardware Complications After Anterior Cruciate Ligament Reconstruction *Robert H. Brophy, Robert G. Marx* 585
77. Vascular Complications After Anterior Cruciate Ligament Reconstruction *R.P.A. Janssen* 592
78. Fracture Complications After Anterior Cruciate Ligament Reconstruction *Kai Mithoefer, Thomas J. Gill* 598
79. Anterior Knee Problems After Anterior Cruciate Ligament Reconstruction *Michael E. Hantes, Apostolos P. Dimitroulias* 607

Part R Gait Analysis and Tissue Engineering

80. Gait Analysis in Anterior Cruciate Ligament Deficient and Reconstructed Knees *Nicholas Stergiou, Stavros Ristanis, Constantina Moraiti, Anastasios Georgoulis* 615
81. Growth Factors and Other New Methods for Graft-Healing Enhancement *Harukazu Tohyama, Kazunori Yasuda* 625

Index 633