

Prevention reinjuries ACL

Clinical case discussion

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- M – 23 years
- BMI : 24,2
- Sport : American Football
- Consultation for pain and left knee instability following an american football injury in **21 days ago**.

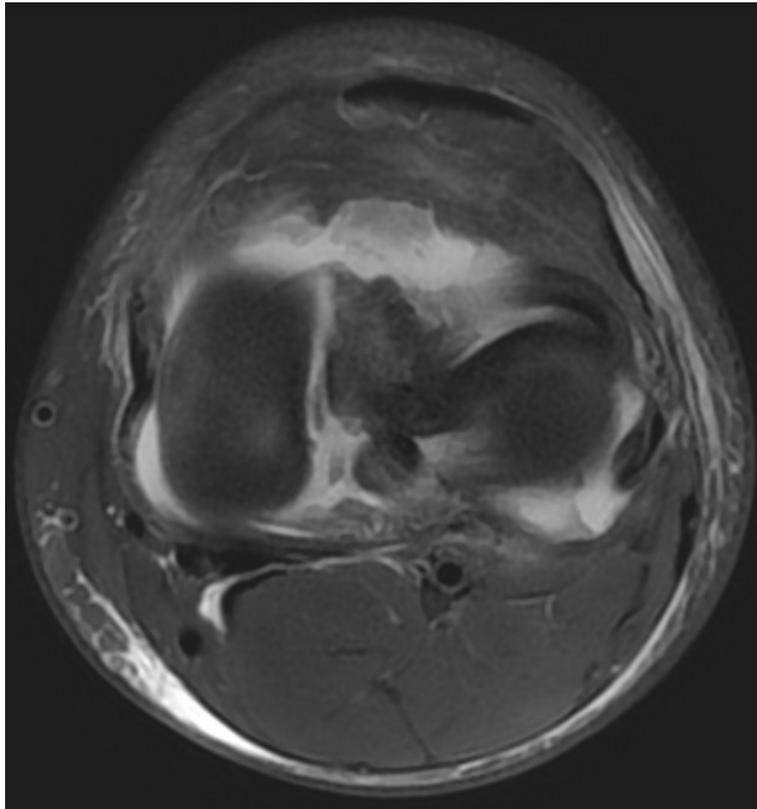
Physical Exam

- Swelling +++
- Mobility 0/10/60°
- Pain in the lateral compartment
- Positive Lachman test
- Pivot shift: impossible to assess
- No frontal laxity

MRI



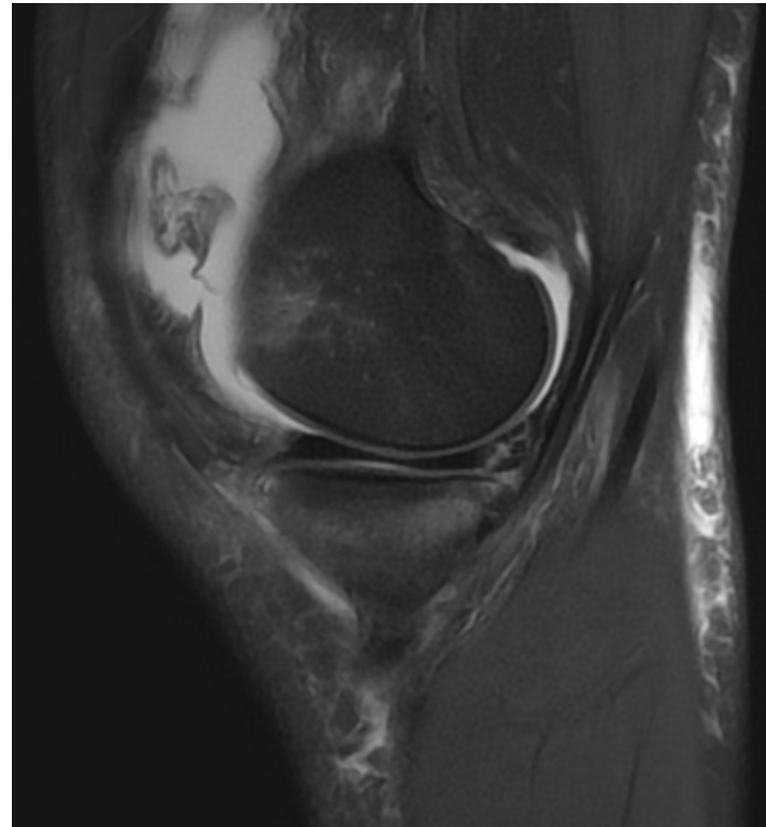
MRI



MRI



ACL Rupture
Bucket-handle tear of the lateral meniscus
Longitudinal tear of the posterior horn medial meniscus



Surgery Discussion

Orthopaedics & Traumatology: Surgery & Research 103 (2017) 943–946



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Original article

High failure rate of anterior cruciate ligament reconstruction with bimeniscal repair: A case-control study

H. Gonçalves, C. Steltzlen, P. Boisrenoult, P. Beaufile, N. Pujol*

- Timing?
- ACL Reconstruction : which graft?
- Lateral extra-articular tenodesis ?
- Bucket-handle lateral meniscus tear: repair
- Longitudinal medial meniscus tear: repair

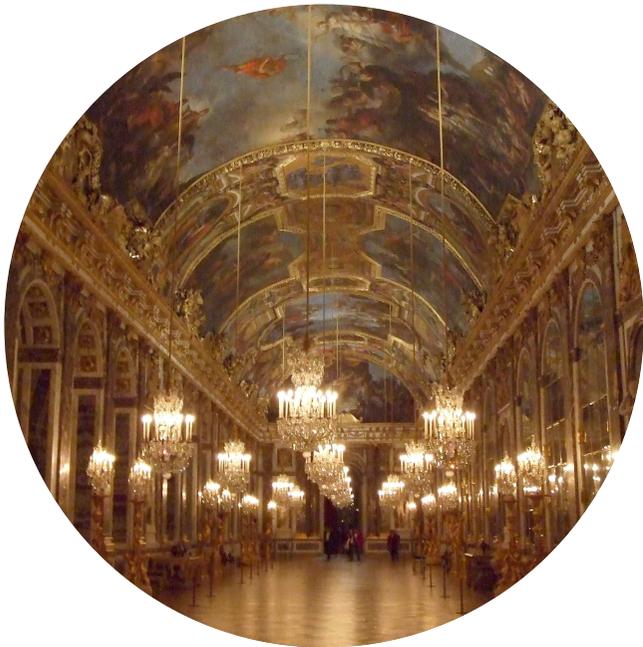


Rehabilitation Discussion



- RTS? Delayed? Sport?
- Risk of reinjury?
- Isolated ACL vs ACL and meniscus repair vs ACL and bimeniscus repair
- Risk for the Meniscus or the ACL?

Merci de votre attention





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