Andrew's Institute Sports Medicine Lecture Series
"ACL Graft Selection & Rehab Considerations"
Stephen LaPlante, MS, PT, ATC

Registration Information

To receive CME credit, participants need to:

- Register
- View presentation
- Take quiz and obtain 80% (4 out of 5) to pass
- Complete evaluation
- Print certificate

Participants should take 30 minutes to complete the activity. Participants may work at their own pace.

Teaching Methods

This online enduring material uses the following teaching methods and media:

- Lecture (audio/videotaped)
- PowerPoint Presentation

Acknowledgements of Commercial Support

There is no commercial/financial support for this activity.

CME Enduring Material Description, Target Audience and Needs Statement

Sports medicine is an evolving discipline in which experience of a multigenerational factor can shed new information and knowledge on how to properly identify, manage and prevent common injury types seen in sports medicine today. This online educational enduring material is designed for physicians and clinical staff. Its purpose is to bridge the gap between the medical knowledge and current practice with evidence-based practice guidelines to achieve optimal patient outcomes through discussions and examinations of interesting, real world cases.

Objectives

At the end of this online enduring material, participants should be able to:

- Review ACL graft options and discuss pros and cons related to each.
- Discuss rehab strategies related to ensuring successful outcomes for each ACL graft type.

For Further Study

1. Baawa-Ameyaw, Joanna, et al. "Current Concepts in Graft Selection for Anterior Cruciate Ligament Reconstruction."*EFORT Open Reviews*, vol. 6, no. 9, 2021, pp. 808–815., https://doi.org/10.1302/2058-5241.6.210023.
2. Bram, Joshua T., et al. "Anterior Cruciate Ligament Injury Incidence in Adolescent Athletes: A Systematic Review and Meta-Analysis."*The American Journal of Sports Medicine*, vol. 49, no. 7, 2020, pp. 1962–1972., https://doi.org/10.1177/0363546520959619.
3. Buerba, Rafael A., et al. "Graft Selection in Contemporary Anterior Cruciate Ligament Reconstruction."*JAAOS: Global Research and Reviews*, vol. 5, no. 10, 2021, https://doi.org/10.5435/jaaosglobal-d-21-00230.
4. Costa, Giuseppe Gianluca, et al. "Minimizing the Risk of Graft Failure after Anterior Cruciate Ligament Reconstruction in Athletes. A Narrative Review of the Current Evidence." *Journal of Experimental Orthopaedics*, vol. 9, no. 1, 2022, https://doi.org/10.1186/s40634-022-00461-3.
5. Hsu, Wei-Hsiu, et al. "Effect of High Body Mass Index on Knee Muscle Strength and Function after Anterior Cruciate Ligament Reconstruction Using Hamstring Tendon Autografts." *BMC Musculoskeletal Disorders*, vol. 19, no. 1, 2018, https://doi.org/10.1186/s12891-018-2277-2.
6. Koga, Hideyuki, et al. "ACL Graft Selection: State of the Art."*Journal of ISAKOS*, vol. 3, no. 3, 2018, pp. 177–184., https://doi.org/10.1136/jisakos-2017-000136.
7. Lin, Kenneth M, et al. "Graft Selection in Anterior Cruciate Ligament Reconstruction."*Sports Med Arthroscopy Rev*, vol. 28, no. 2, 2020, pp. 41–48.
8. Mouarbes, Dany, et al. "Anterior Cruciate Ligament Reconstruction: A Systematic Review and Meta-Analysis of Outcomes for Quadriceps Tendon Autograft versus Bone–Patellar Tendon–Bone and Hamstring-Tendon Autografts." *The American Journal of Sports Medicine*, vol. 47, no. 14, 2019, pp. 3531–3540., https://doi.org/10.1177/0363546518825340.
9. Paterno MV, RauhMJ, Schmitt LC, Ford KR, Hewett TE. Incidence of Second ACL Injuries 2 Years After Primary ACL Reconstruction and Return to Sport.*Am J Sports Med.*2014;42(7):1567-1573.
10. Patel, Neeraj M., et al. "How Does Obesity Impact Pediatric Anterior Cruciate Ligament Reconstruction?" *Arthroscopy: The Journal of Arthroscopic & Related Surgery*, vol. 35, no. 1, 2019, pp. 130–135., https://doi.org/10.1016/j.arthro.2018.07.044.
11. Rahardja, Richard, et al. "Factors Associated with Revision Following Anterior Cruciate Ligament Reconstruction: A Systematic Review of Registry Data." *The Knee*, vol. 27, no. 2, 2020, pp. 287–299., https://doi.org/10.1016/j.knee.2019.12.003.
12. Wasserstein D, ShethU, Cabrera A, Spindler KP. A Systematic Review of Failed Anterior Cruciate Ligament Reconstruction With Autograft Compared With Allograft in Young Patients.*Sports Health.*2015;7(3):207-216.
13. Widner, Matthew, et al. "Outcomes Following ACL Reconstruction Based on Graft Type: Are All Grafts Equivalent?" *Current Reviews in Musculoskeletal Medicine*, vol. 12, no. 4, 2019, pp. 460–465., https://doi.org/10.1007/s12178-019-09588-w.

Disclosure

In compliance with the Accreditation Council for Continuing Medical Education (ACCME) Standards for Integrity and Independence, all presenters, authors and planners must disclose to the participants of an educational activity any relevant financial relationships they may have with *an ineligible company, (i.e., any entity whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients)* related to the content of this CME activity.

The Course director, Troy Smurawa, MD, has no relevant financial relationships with an ineligible company related to the content of this CME activity.

The speaker, Stephen LaPlante, MS, PT, ATC has no relevant financial relationships with an ineligible company related to the content of this CME activity.

The CME planners and staff have no relevant financial relationships with an ineligible company related to the content of this CME activity.

All relevant financial relationships have been mitigated.

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Credit Designation Statement

The Children's Health is accredited by the Texas Medical Association to provide continuing medical education for physicians.

The Children's Health designates this enduring material for a maximum of . 5 0 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Release and Termination Dates

Original release date: February 6, 2023
Review date: January 31, 2023
Termination date: February 6, 2026

Hardware/Software Requirements

Internet; Media Player; Audio

For more information or questions

CME: 214-456-5168 or CME@Childrens.com