

LARS™ in ACL reconstruction: evaluation of 60 cases with 5-year minimum follow-up

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- G. Bugelli (1) Email author (bugeposta@hotmail.it)View author's OrcID profile (View OrcID profile)
- G. Dell'Osso (2)
- F. Ascione (3)
- E. Gori (4)
- V. Bottai (5)
- S. Giannotti (6)

1. Humanitas Clinical and Research Center, , Rozzano, Italy
2. Orthopedics and Traumatology Department, Ospedale San Luca, , Lucca, Italy
3. Orthopedics and Traumatology Department, SUN, , Naples, Italy
4. Casa di cura San Camillo, , Forte dei Marmi, Italy
5. Orthopedics and Traumatology Department, University of Pisa, , Pisa, Italy
6. Orthopedics and Traumatology Department, University of Siena, , Siena, Italy

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Abstract

Purpose

The injury of anterior cruciate ligament (ACL) causes joint instability and, in the absence of adequate treatment, progressive joint deterioration, meniscal lesions and development of post-traumatic osteoarthritis.

Methods

The purpose of this study was to evaluate the clinical, functional and radiographic outcomes and complications in a consecutive case series of 60 patients with minimum follow-up of 5 years who underwent an arthroscopic surgery for ACL reconstruction using LARS™ ligament. Patients with concomitant meniscal or chondral lesions in the same knee were excluded.

Results

The subjective evaluation of the patients involved in the study (Lysholm score, IKDC score and Tegner activity level scale) shows good/excellent results. The range of movement is optimal in most patients, and pain symptoms are considered mild. A total of 31.25% of the patients did not change their lifestyle that they had before the injury. None of the patients underwent resurgery in the same knee. In 85.4% of cases, X-ray images showed no signs of osteoarthritis after ACL reconstruction.

Conclusions

Comparable with other series showed in the literature, this study assesses that the use of LARS™ in reconstruction of ACL is an excellent option for treating >40-year-old patients requesting rapid return to daily activities/sports also at the first surgery. By restoring knee stability, articular degeneration at short and medium follow-up was avoided.

Keywords

ACL reconstruction LARS Synthetic ligament Knee Osteoarthritis
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Notes

Compliance with ethical standards

Conflict of interest

The authors declare that they have no conflict of interest. There has been no financial support or industry affiliation of all those involved in this project.

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