



Anterior Cruciate Ligament reconstruction: The best technique and graft choice.

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Abstract:

The Bone-Tendon-Bone (B-T-B) autograft has been used for many years and It continues to be used today as the first choice for many surgeons for anterior cruciate ligament (ACL) reconstruction. Another option is the use of autologous hamstring tendons (HT), semitendinosus and gracilis tendons; some of the advantages of this graft are the low morbidity of the donor site, the new and better fixation techniques and the possibility of configuring a six-band graft achieving an adequate diameter. (1,5)

The average length of the ACL is 32 mm (22-41mm) and the average diameter is between 7 and 12 mm and the Cross-Section is 44 mm² in men and 36 mm² in women (1), for this reason we look for making a graft as close to the original ACL and obtaining an adequate incorporation of the graft in the tunnels and we try to apply the best possible fixation system in order to obtain the best short and long-term results (2,3,4,5,6). As Larger diameter grafts as better to resist short-term and long-term graft stress forces. (7). The graft we use is autologous hamstring tendons composed of 6 bands. In this article we describe an updated surgical technique to perform an ACL reconstruction with an autologous graft composed of six bands, three bands of the medial rectus tendon and three bands of the semitendinosus tendon that we call it a hamstring graft in a six-band configuration (6 HTB).



Biography:

Dr. Sebastian Pablo Orduna's clinical expertise in treating sports injuries is underpinned with his active involvement in contact sports at the highest level. His 25 years playing rugby for teams in Argentina - including the Argentinian National Team - is complemented by his work as a physician for several rugby and football squads. Possessing such vast on and off-field experience has allowed Dr. Orduna to develop an in-depth knowledge of the most cutting edge surgical techniques to employ and the fastest and most effective rehabilitation programs to establish for his patients.

Publication of speakers:

1. Anterior cruciate ligament anatomy and function relating to anatomical reconstruction. Knee Surg Sports Traumatol Arthrosc. 2006 oct 14(10)982-92.2006 Aug. Cantop. T, Petersen W, Sekiya JK, Musahi V, Fu FH.
2. Finite element simulations of different hamstring tendon graft lengths and related fixations in anterior cruciate ligament reconstruction.

3rd Webinar on Sports Medicine and Physiotherapy, October 9,2020 London,UK

Citation: Dr. Sebastian Orduna, Anterior Cruciate Ligament reconstruction: The best technique and graft choice, 3rd Webinar on Sports Medicine and Physiotherapy, October 9,2020 London, UK