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ACL RECONSTRUCTION

What is the ACL, and why is it important?

The ACL is one of the major ligaments in the knee that provides stability by preventing excessive forward movement of the tibia (shin bone) in relation to the femur (thigh bone). It's crucial for activities involving pivoting, cutting, and jumping.

What causes an ACL injury?

ACL injuries often occur during sports that involve sudden stops, changes in direction, or direct impact, such as soccer, basketball, skiing, or football.

How do I know if I have torn my ACL?

Common symptoms of an ACL tear include a popping sensation at the time of injury, significant pain, swelling, instability or giving way of the knee, and difficulty bearing weight.

Is surgery necessary for an ACL tear?

Surgery is not always necessary for an ACL tear if the knee is stable. There are two types of instabilities in the knee, subjective instability is what the patient feels and objective what the clinical illustrates. Any instability in the knee will cause further damage to the meniscus and cartilage.

What types of ACL surgery are available?

The two primary surgical options for ACL reconstruction are autograft, where tissue is taken from the patient's own body (often the patellar tendon or hamstring tendon), and allograft, where tissue from a donor is used.

What are the type of autografts used?

The most common autograft is Hamstrings, followed by Quadriceps, Bone Patella tendon bone, Peroneus longus. Your surgeon is best suited to make the decision for the choice of graft.

How long does ACL surgery take?

ACL reconstruction surgery typically takes around 40 to 50 mins, but the duration can vary depending on the specific technique used and any additional procedures required.

What is the recovery time after ACL surgery?

You will be made to walk the same evening after surgery full weight bearing if meniscus is not repaired and non-weight bearing is the meniscus is repaired. Knee Bending is started immediately and most patients return to normal activities within 2 weeks. A brace may be required for 3 weeks

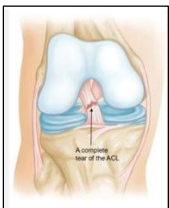
Recovery time varies but generally ranges from 6 to 9 months for return to sports or other high-impact activities. Physical therapy is an essential part of the recovery process to regain strength, flexibility, and stability in the knee.

What are the risks associated with ACL surgery?

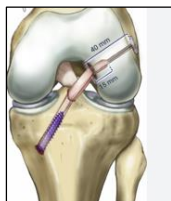
Risks include infection, blood clots, stiffness, persistent pain, graft failure, and the need for additional surgeries.

What are the recent advances in ACL Surgery?

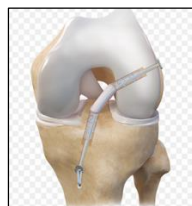
Traditional ACL Surgery is done by making bone tunnels in tibia (shin bone) and a socket in the femur (thigh bone), the graft is fixed with a 4mm button the femoral side and a bio-absorbable screw on the tibia side and has been accepted worldwide. The latest advances include creating sockets on both sides to avoid excessive bone loss and the graft is fixed with 4mm button on both sides.



ACL TEAR



CONVENTIONAL ACL



ALL INSIDE ACL



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