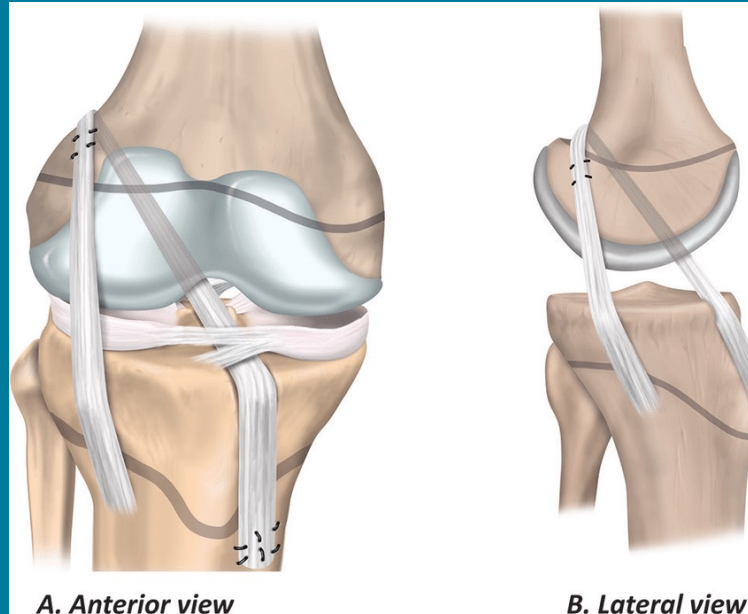


IT Band ACL Reconstruction for the Pediatric Patient



Michael Saper, DO, FAOAO, FAAOS, ATC, CSCS

Associate Professor, Orthopedics and Sports Medicine

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Anatomy

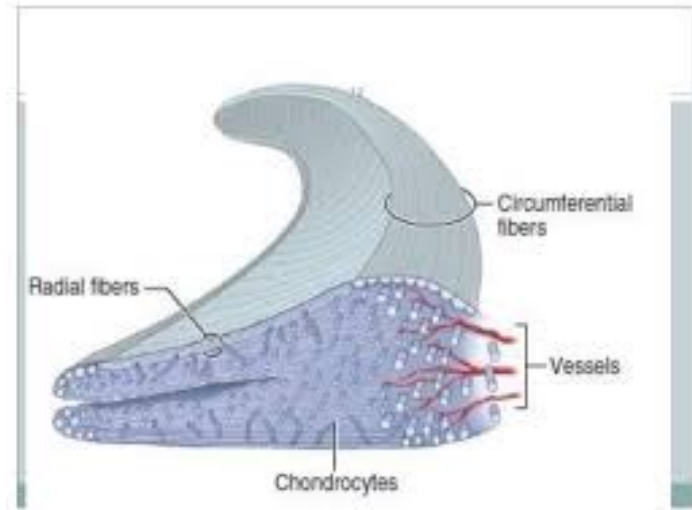
ACL

- Prevents shin bone (tibia) from sliding out in front of the thigh bone (femur)
- Provides stability



Meniscus

- Function
 - Stability
 - Shock Absorption
 - Protect cartilage



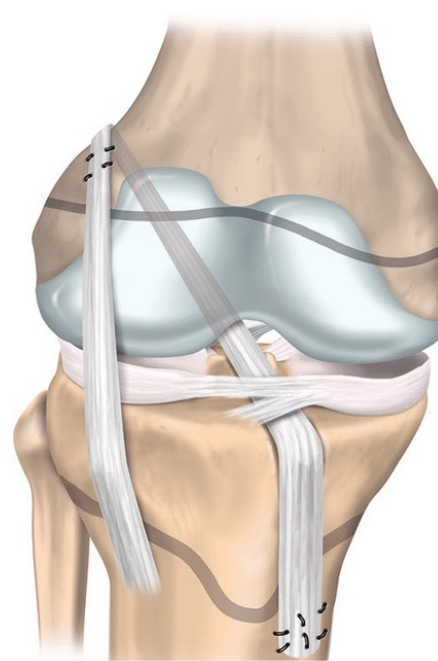
What happens if no surgery?

- Poor healing potential
- Persistent **instability/giving way**
- *Increased* **meniscus tears**
- *Increased* **arthritis**
- ***Poor*** long-term **function**
- ***Decreased*** return to sport

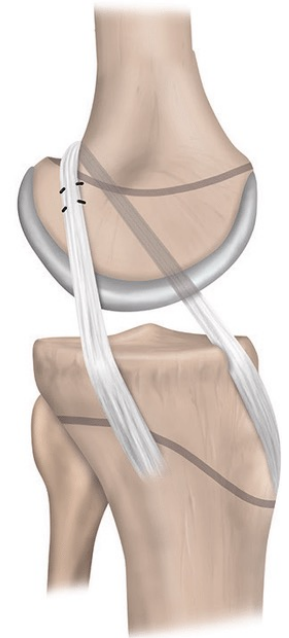


ACL Reconstruction with Iliotibial (IT) Band Autograft

- **Outpatient** surgery (go home same day)
- **General anesthesia** (asleep the whole surgery and won't feel anything)
- Torn ligament is removed and replaced with **Iliotibial band autograft** (patient's own tissue)
 - Minimizes injury to the growth plates
 - Provides excellent stability
 - Low failure rate
 - High return to sport rate

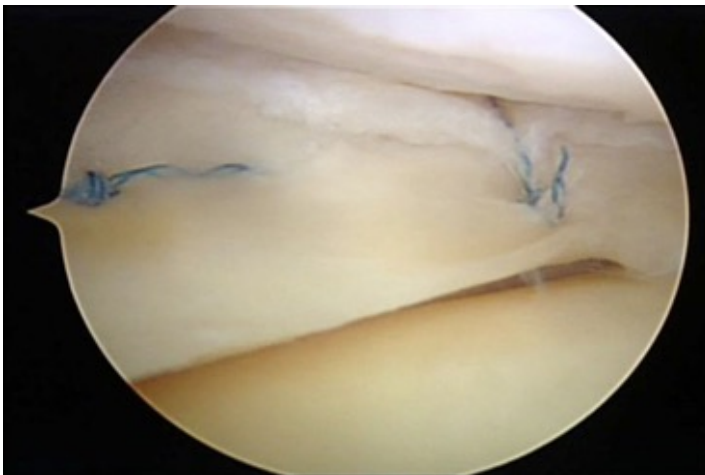
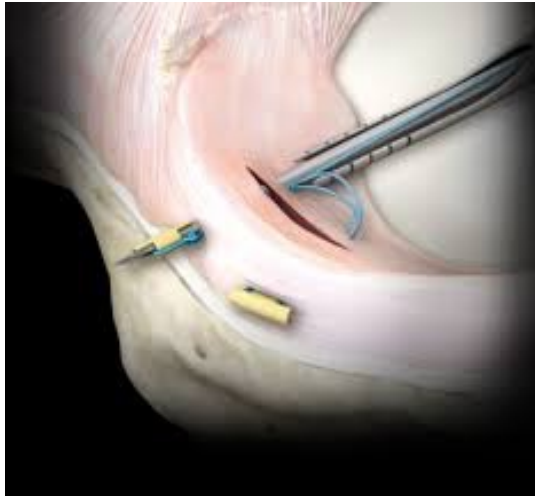


A. Anterior view



B. Lateral view

Meniscus Repair vs Partial Meniscectomy (Trim)



Complications and Considerations

- Anesthesia
- Bleeding
- Nerve injury
- Infection
 - Rare joint infection can require hospitalization, IV antibiotics, multiple surgeries, removal of the graft
- Stiffness (<5%)
- Growth disturbance (<2%)
- Fullness at harvest site (50%)
- Discomfort at harvest site (<4%)
- Normal for knee to feel “not normal”, “loose”, “different”
- Negative financial and career implications

Re-injury and Return to Sport

- **Graft rupture (<5%)**
 - 50% decrease for every month after 6 months
 - 7x more likely to tear before 9 months
 - Passing Return-to-sport test significantly reduces risk
 - After 2 years, risk returns to normal
- **Other side (*Contralateral*) ACL injury (6%)**
 - ? Due to compensation
- **Meniscus Repair Failure (15%)**
- **Return to pre-injury level of sport (80%)**
 - Fear of re-injury is most common reason for not returning

Rehabilitation and Return to Sports

- Brace, crutches, and toe-touch weight-bearing for 6 weeks
- Back to school within a week
- Physical therapy (PT) starts 3-7 days after surgery
 - Frequency dictated by the PT team, insurance, etc.
- Running at 4 months
- Rehab Progress Assessment at 6 months
 - Criteria to begin *return to sport phase* of rehab
- Return to sport test at **9 months (minimum)**
 - Strict criteria for return to sport *clearance*
 - **Decrease risk of re-tear and contralateral ACL injury**



Mental Health and Psychological Considerations

- Recovery after surgery can be stressful and **emotionally challenging**
- How you respond throughout the recovery process can impact your mood, adherence to rehab, and return to play/sport
- **Common complaints** (these feelings are **normal**):
 - Anxiety and/or Depression
 - Frustration
 - Fear of pain
 - Social isolation
 - Low motivation for rehab
 - Don't want to return to sports
- **Let us know how you're feeling throughout the recovery process**
- **We are here to help!**