

Clinical Outcome of Anterior Cruciate Ligament Plus Lateral Extra-articular Tenodesis Compared to Isolated Anterior Cruciate Ligament Reconstruction: A Feasibility Study

ACTRN12616000708459

Status RECRUITING
Sponsor Toby Leys
Enrollment 40 participants

Plain Language Summary

This trial is comparing two different surgical techniques for repairing a torn anterior cruciate ligament (ACL) — the important stabilising ligament in the knee. One technique adds an extra procedure called a lateral extra-articular tenodesis (LET), which also repairs a related structure on the outside of the knee. The other technique is the standard ACL reconstruction only. The study aims to find out whether the combined approach leads to better knee function and fewer re-tears.

You may be eligible if:

- You are between 18 and 40 years old
- You have a confirmed ACL tear on MRI
- You have significant knee instability (Grade 2 or 3 on the pivot shift test)
- You are medically fit to undergo general or regional anaesthesia

You may NOT be eligible if:

- You have injuries to other knee ligaments that also require surgery
- You do not speak English
- You live interstate or overseas
- You are unable to give your own consent

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (1)

- For inclusion in the study patients must be aged between 18 and 40 years, have Grade 2 or 3 knee instability on pivot shift test and have a confirmed ACL tear on MRI scan. They must also be medically able to undergo a general or regional anaesthetic.

Exclusion (1)

- Patients with multi-ligament knee injury or any other ligaments requiring surgery will be excluded, along with people from non-English speaking backgrounds, those residing interstate or overseas and those who are unable to provide their own consent for any reason.

Locations (1 total)

Sir Charles Gairdner Hospital - Nedlands, WA, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12616000708459>

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