

# Trial to determine if the addition of a soft tissue tightening procedure to a particularly unstable knee following anterior cruciate ligament reconstruction, improves the outcome.

ACTRN12618001043224

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**Status** RECRUITING  
**Sponsor** Mark Porter  
**Enrollment** 100 participants

## Plain Language Summary

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Anterior cruciate ligament (ACL) tears are one of the most common serious knee injuries, particularly in athletes. While ACL reconstruction surgery is usually successful, around one in four patients continues to experience a type of residual instability called a positive pivot shift — where the knee feels like it "gives way" during rotational movements. This lingering instability is thought to stem from damage to structures on the outer side of the knee (the anterolateral structures) that are not addressed by standard ACL reconstruction.

This trial is testing whether adding a procedure called iliotibial band tenodesis (ITBT) — which reinforces the outer knee structures — to the standard ACL reconstruction in patients who still have a positive pivot shift at the end of surgery can improve long-term stability and patient-reported outcomes.

You may be eligible if you are skeletally mature, have an isolated ACL rupture (no other significant ligament damage), have had no previous knee surgery, and still show a positive pivot shift after the ACL reconstruction is completed. The randomisation decision is made at the time of surgery based on these findings. People who are not medically fit for surgery or general anaesthesia, or have a rheumatological disorder, are not eligible.

## Key Eligibility Criteria

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### Inclusion (7)

- ) greater than one grade in the pivot shift score in the injured knee immediately following the ACL reconstruction
- ) no previous knee surgery
- ) no previous ligament ruptures
- ) isolated ACL rupture diagnosed at the time of surgery
- ) no osteochondral fracture

... and 2 more (see full listing online)

### Exclusion (4)

- ) history of rheumatological disorder (seronegative or seropositive)
- ) not fit for surgery
- ) not fit for general anaesthetic
- ) skeletally immature

## Locations (1 total)

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ACT,NSW, Australia

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12618001043224>

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