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ACL Reconstruction Graft Types and the Effects on Recovery Time in Young Adults

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The overall objective of our research focused on ACL Reconstruction Graft Types and The Effects on Recovery Time of Young Adults.

- The type of research we conducted and collected required a mix of both qualitative and quantitative data. Our research design and plan was to use a survey that provided questions for our subjects, who are all current college students at the University of Dayton.
- The individuals we had responses from must have personally had an ACL injury and reconstruction. We aimed to explore ACL reconstruction and explain a correlation between graft type chosen and recovery time.
- A 2007 study found there was no difference in recovery between patellar tendon and hamstring grafts, but hamstring grafts had decreased harvest-site symptoms.
- A 2003 study looked at graft type frequency found no significance between graft types on recovery time.
- Overall recovery time was 6.4 months. Patellar tendon was 6.3 months. Hamstring tendon was 7.3 months. Cadaver was 5 months. Quadriceps tendon was 6 months. Based on this data and sample size there was no significance between graft types on recovery time.
- From 16 responses, there were 11 patellar tendon grafts, 3 hamstring tendon grafts, 1 quadriceps tendon graft, and 1 cadaver graft.
- Based off of the survey, all of our responses for a torn ACL were due to a sport related injury, more specifically soccer and basketball. This could be attributed to the quick cutting and change of direction that is involved in those sports.
- Many of our subjects chose the graft that they based on their doctor’s recommendation.
- The instrument that we used to collect our data was a survey. We created our survey with the questions that we wanted to know about the different graft types for ACL reconstruction survey. The questions that we used in our survey were:
  - Do you consent to participating in this study?
  - When did your ACL tear?
  - How did you tear your ACL?
  - What type of graft did you use for your ACL surgery?
  - Why did you choose the graft you chose?
  - How many months of rehabilitation did you undergo?
  - What were the difficulties or struggles you experienced during rehabilitation?
  - Do you still have any pain to this day?
  - If yes, what causes/triggers the pain?
  - Do you notice any differences between your knees when you compare your good knee and surgical knee? Please explain.

- From the collective data derived of this research, it can be understood that the majority of grafts used by our subjects were associated with the patellar tendon. A few individuals used the hamstring tendon, one used the quadriceps graft and one used a cadaver graft. We hypothesized that the patellar tendon graft would lead to a quicker recovery, however after collecting our data it was concluded that there is not a significant difference in recovery time with different graft types.

- We would also like to thank Dr. Pu and the HSS Department for their assistance.

INTRODUCTION

METHODS

RESULTS

CONCLUSIONS

REFERENCES

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