

Anterior Cruciate Ligament Reconstruction Early predictors of outcome

The rupture of the anterior cruciate ligament (ACL) is a serious injury, often resulting in functional instability and increased laxity of the knee joint. Patients suffering an ACL injury run the risk of further complications, such as meniscal or cartilage injuries in the short term and degeneration of the knee joint in the long term. The occurrence of ACL injuries has increased in recent years and it is presently one of the more devastating sport-related injuries. Patients often face a long uphill battle in their rehabilitation to reach pre-injury form.

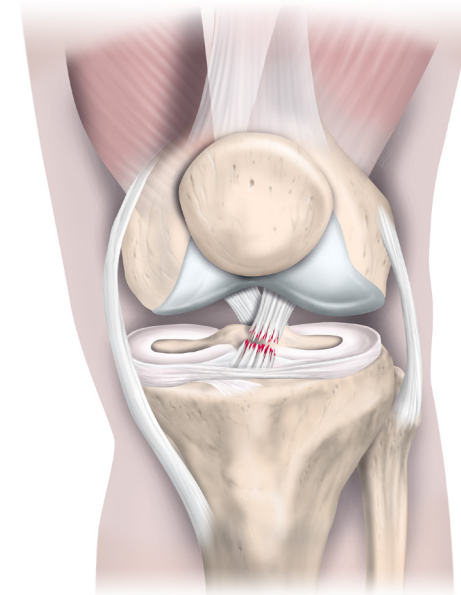
Reliable, stable knee function is the ultimate goal of treatment. Despite extensive research on ACL injuries, there is still room for improvement. The aim of this thesis was to identify and evaluate predictors and risk factors that affect outcome after ACL reconstruction. An increased understanding of ACL injuries can hopefully pave the way for realistic expectations of treatment and reduce the number of patients with unsatisfactory outcomes after ACL reconstruction.



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