

Outcome of Anterior Cruciate Ligament Reconstruction Surgery in Tuanku Fauziah Hospital, Kangar, Malaysia

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ABSTRACT

Introduction: The anterior cruciate ligament (ACL) is the primary stabilizer of the knee against anterior transposition. Injuries are commonly seen in the young and active and are associated with considerable reduction in quality of life, and its numbers are increasing.

Purpose: To evaluate the outcome of ACL reconstructions done in Tuanku Fauziah Hospital, Malaysia.

Materials and methods: It is a single center retrospective study. Thirteen patients who underwent ACL reconstructions were interviewed and scored based on Lysholm and Tegner activity scale. These patients completed are habilitation protocol regime which comprised of basic rehabilitation modalities. They were assessed by personally and by telephone. Average post-operative duration was 34 months.

Results: Mean Tegner scores were 6.1 and Lysholm scores were 85.8. Most patients were satisfied with their current level of activity. These results are almost at par with studies done in highly specialized centers despite having only basic rehabilitation facilities.

Conclusion: Good outcomes are obtainable in basic general hospitals and not only in subspecialized centers.

Keywords: ACL reconstruction, Outcomes, Lysholm score, Tegner activity scale.

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