



# CLINICAL AND FUNCTIONAL RESULTS AFTER POSTERIOR CRUCIATE LIGAMENT RECONSTRUCTION

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## INTRODUCTION

Posterior cruciate ligament injuries are uncommon and their management is still controversial. Acute or chronic symptomatic lesions necessitate surgical reconstruction. The present study aimed to analyze patients reported outcomes after posterior cruciate ligament reconstruction with or without simultaneous meniscal repair.

## MATERIAL AND METHODS

The present study included seven patients with posterior cruciate ligament rupture. Four patients presented isolated injury and three patients had concomitant meniscal tears. All patients were treated arthroscopically using single-bundle hamstring autograft ligament reconstruction. Meniscal injuries were repaired using all-inside technique. The primary outcome was the IKDC score and secondary outcomes included the Lysholm score and stability assessment using the “dial test” and the posterior drawer test.

## RESULTS (Tables 1)

Five patients were injured during sports activity and two in motor vehicle accident. Three patients had concomitant medial meniscal ruptures. At the time of the surgery the mean age was 30 years (range, 20-46). and the mean time from injury was 5 months (range, 1-8). The mean follow-up was 24 months (range, 19-27

**Table 1: Demographics**

Patient	Age	Meniscal injury	Time from injury (months)	Follow-up (months)	Return to sport
1	20		5	27	Yes
2	46		8	25	Yes
3	37		8	19	Yes
4	32	Medial	1	23	No
5	25	Medial	5	25	No
6	27	Medial	2	26	Yes
7	23		6	23	Yes

MVA: Motor Vehicle Accident

**Table 2: Clinical and functional outcomes**

Patient	PDT pre	PDT post	Dial Test pre	Dial Test post	IKDC score pre	IKDC score post	Lysholm score pre	Lysholm score post
1	III	I	Pos 30°	Neg	64,37	98,85	74	100
2	III	I	Pos 30°	Neg	63,07	95,40	73	98
3	III	I	Pos 30°	Neg	63,22	97,70	70	100
4	III	I	Pos 30°	Neg	68,82	88,17	58	96
5	III	I	Pos 30°	Neg	65,59	88,51	66	96
6	III	I	Pos 30°	Neg	76,34	89,66	63	99
7	III	I	Pos 30°	Neg	70,11	91,50	74	100

PDT: Posterior Drawer Test, pre: preoperatively, post: postoperatively, Pos: Positive, Neg: Negative

## RESULTS (Tables 2)

The mean IKDC score was significantly increased from 67.36 to 92.85 (p<0.05). The Lysholm score was also increased from 68.3 to 98.4. Knee stability was classified as normal or nearly normal in all patients after surgery. Two patients failed to return to sport activity.

## CONCLUSION

The results of this study indicate that posterior cruciate ligament reconstruction in symptomatic patients provides good functional results at two years of follow-up.

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