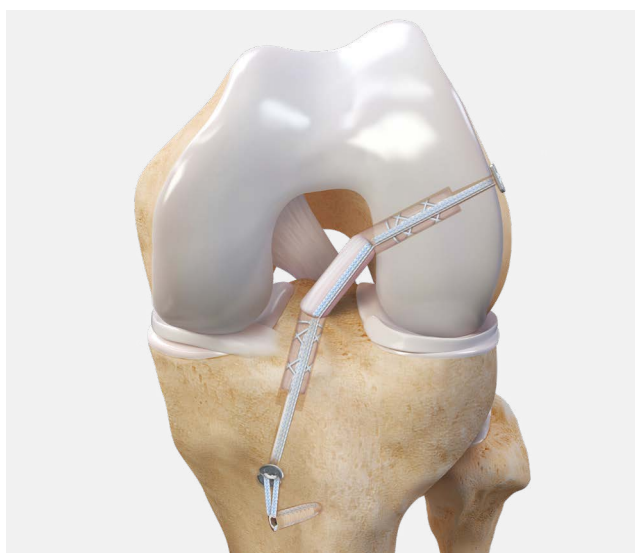


Arthrex Minimally Invasive ACL Surgery

ACLTea.com Patient Guide

ACL Reconstruction

During this surgery, the damaged ligament is removed and tissue from another part of the body or donor tissue is used to recreate the ligament. Arthrex all-inside ACL reconstruction is a minimally invasive, reliable procedure with long-term successful patient results.¹⁻³



ACL Repair

During this surgery, the torn ACL is reattached to the bone. For tears that can be repaired, this option preserves your own anatomy and gets you back to activities and sports faster⁴ with a more normal-feeling knee.^{5,6}



Your surgeon will determine your ACL treatment plan based on several factors, including your age and activity level, the tear location, the quality of the remaining tissue, and when the injury occurred.

Additional Options to Improve Your Surgical Outcome

InternalBrace™ Technique

- Similar to how a seat belt acts in a car accident, ACL surgery with the *InternalBrace* technique supports the primary repair or reconstruction. The technique secures your ligament or graft to the bone during the healing phase, which may reduce the risk of further injury or instability.⁷⁻¹⁰

Orthobiologic Augmentation

- Orthobiologics, the use of cells naturally found in your body to create a more robust healing response, can also help you heal after your surgery. Some orthobiologic treatment options include a bone graft with platelet-rich plasma (PRP).

Lateral Extra-Articular Augmentation

- To help with rotational stability and minimize the risk of reinjuring your knee,^{11,12} additional procedures—like anterolateral ligament (ALL) reconstruction or iliotibial band (ITB) tenodesis—may be included in your repair or reconstruction. Clinical studies show that combining these types of procedures with an ACL repair or reconstruction may help improve patient results.^{11,12}

The *InternalBrace* surgical technique is intended only to augment the primary repair/reconstruction by expanding the area of tissue approximation during the healing period and is not intended as a replacement for the native ligament. The *InternalBrace* technique is for use during soft tissue-to-bone fixation procedures and is not cleared for bone-to-bone fixation.

Questions to Ask Your Surgeon

Now that you are ready to explore the options for treating your ACL injury, it may be helpful to ask the following questions:

- What will this procedure entail?
- How will it fix my knee?
- Can my ACL be repaired?
- Will the procedure be all-inside?
- What are my graft choices for ACL reconstruction? Is the quad tendon an option?
- What graft option provides the least scarring, numbness, and knee pain?
- Do you use allografts (no graft-harvest incision)?
- Will the *Internal Brace* technique help my recovery?
- I'm interested in learning about orthobiologic options that will support my body's natural healing process. Which Arthrex orthobiologic technologies are available to me?

- Is there anything else that can be done to augment my procedure to improve the likelihood of a good surgical outcome?
- I've heard that recovery from knee surgery can be difficult, and I'm nervous about undergoing a procedure. What can I expect?
- I want to prepare for after the surgery. What things can I do? What medication may I need for pain relief?
- How much pain will I be in after surgery?
- What will my knee look like after surgery?
- What will my recovery timeline look like?
- Will I need physical therapy?
- When can I return to work or school?
- When can I return to sport or activity?
- When can I drive a car again?
- How can I prevent retearing my ACL?

If you do not currently have a provider who offers ACL-preserving surgery, you can visit [ACLTear.com](https://acltear.com) to find a surgeon in your area.

References

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Scan the QR code to learn more at [ACLTear.com](https://acltear.com) where you can find a doctor and hear from experts who perform Arthrex Minimally Invasive ACL surgery.

