Regenerating ACL tears

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Video Byte

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Abstract

Tears to the anterior cruciate ligament typically require surgical reconstruction. But the operation can cause muscle weakness and doesn't always restore proprioception or joint kinematics. A new biologic augmentation technique may overcome these limitations. The technique employs intra-ligamentous and intra-articular infiltration of bone marrow aspirate and platelet-rich plasma to regenerate ACL tears. When used in athletes with symptomatic partial ACL injuries, the treatment restored both the structure and function of the ligament with fewer complications and a faster recovery than traditional surgery. Although a larger cohort must still be tested, the results show the potential of biologic augmentation for ACL repair.

Dallo, et al. Treatment of Anterior Cruciate Ligament Partial Tears Using the Technique of Biologic Augmentation with Bone Marrow Concentrate and Platelet-rich Plasma Under Arthroscopic Visualization: Preliminary Outcomes with 2 year follow-up. (2018)