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## Patients report less pain after all-inside technique for ACL reconstruction

April 25, 2013

SAN ANTONIO — Researchers found similar results between the all-inside and full tibial tunnel techniques for ACL reconstruction, although patients who underwent the all-inside technique reported significantly less pain than the full tibial tunnel technique, according to a study presented here at the Arthroscopy Association of North America Annual Meeting.

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"There were no differences in outcomes between all inside and full tibial tunnels," James H. Lubowitz, MD, said. "The all-inside technique resulted in statistically significantly less pain."

In the prospective study, researchers randomized 150 patients to undergo either the all-inside or full tibial tunnel technique of ACL reconstruction. Outcome measures included the VAS, IKDC score, IKDC subjective, Knee Society Score (KSS), SF-12 and socket

widening. There was a minimum 2-year follow-up.

The researchers found no significant differences between groups in IKDC, IKDC subjective, KSS, SF-12 or socket widening. However, patients who underwent the all-inside technique experienced statistically significantly less pain than patients in the full tibial tunnel group.

"All-inside ACL technique results in significantly less increase in patient pain on postoperative day 1 compared to full tibial tunnel ACL technique," the authors wrote in their abstract. "No other differences in clinical outcomes between groups were detected."

### Reference:

Lubowitz J. Paper #SS-05. Presented at: Arthroscopy Association of North America Annual Meeting; April 25-27, 2013; San Antonio.

Disclosure: Lubowitz receives royalties from Arthrex, Arthroscopy and AANA.



James H. Lubowitz

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- Unstable distal radioulnar joint with or without limited forearm motion and/or arthrosis
- Ulnocarpal impaction syndrome symptoms
- Articular incongruity
- Weak grip or dysfunction from

extra-articular deformity

None of these

pain

Other:

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