



HAMSTRING TENDON AUTOGRAFT VERSUS QUADRICEPS TENDON AUTOGRAFT FOR ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION (ACLR): A RANDOMISED CONTROLLED TRIAL

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PATIENTS

Patients are invited to participate in **world-leading research**, aimed at improving our knowledge and understanding of graft behavior in ACL reconstruction (ACLR).

Patient benefits

We use evidence-based gold standard techniques for ACLR, meaning your patient receives the highest quality operative treatment.

Post-operative rehabilitation is guided by best practice guidelines developed from current medical literature.

Patients are invited to attend regular clinical reviews with our research team. These include one-on-one movement, strength and functional assessments by accredited exercise physiologists or clinical physiotherapists with experience in managing ACLR patients. These services form part of the study design and carry no cost to the patient.

Dr Radic is a fellowship-trained orthopaedic surgeon (FRACS Orth) with special interest in knee and sports knee surgery, particularly ACL and multi-ligament knee reconstruction. He has extensive national and international training and experience in the management of elite and professional athletes.

What is the cost to the patient?

Study participation confers no extra cost to the patient. Normal surgical and rehabilitation expenses are incurred regardless of study participation.

Patients who elect to attend for pre-operative consultation are under no obligation to proceed with study participation or surgery.

ACL INJURIES

Anterior cruciate ligament (ACL) tears in the knee are a common orthopaedic injury. Surgical reconstruction is considered gold standard for patients who are aiming to return to full function, especially pivoting and twisting type sports and activities. Reconstruction is performed using a graft to replace the torn ligament.

Currently, approximately 90% of ACLR procedures in Australia are performed using a graft made from the patient's **hamstring** tendons. There is evolving debate as to whether a graft made from the patient's **quadriceps** tendon may result in better post-operative outcomes and greater patient satisfaction.

OBJECTIVE

This study is a prospective randomized controlled trial (RCT) comparing performance and clinical outcomes of hamstring tendon versus quadriceps tendon grafts in patients undergoing primary ACL reconstruction.

WHO CAN PARTICIPATE?

- ✓ Patients with an ACL injury are eligible for study enrolment.
- ✓ Concurrent meniscal or other ligamentous injuries are commonly encountered and can also be treated in conjunction.
- ✓ All privately insured patients or fee-paying patients are eligible to be seen at Perth Orthopaedic and Sports Medicine Centre.
- ✓ Research will also be conducted at Royal Perth Hospital – public patients who are referred through Royal Perth Hospital will equally be considered for study participation.

WHO IS CONDUCTING THE RESEARCH?

Dr Nicholas Calvert, MBBS, PhD candidate, and Dr Jay Ebert are the principal investigators of the project. The project is clinically supervised by lead surgeon Dr Ross Radic, MBBS FRACS (Orth) FAOrthA.

This research has been registered with the Australia and New Zealand Clinical Trials Registry (ACTRN12618001520224p), and has been given ethics board approval at leading institutions including the University of Western Australia, Royal Perth Hospital, Hollywood Private Hospital, and Bethesda Private Hospital.

INTERESTED IN REFERRING A PATIENT?

We accept referrals from all doctors and physiotherapists. Referrals can be addressed to Dr Ross Radic and may be sent via email to admin@drossradic.com.au, or by fax to (08) 9212 4264