Introduction The Delaware-Oslo ACL treatment algorithm is distinct as it includes progressive rehabilitation with repeated functional testing, patient education and shared decision-making about treatment. We described and compared 10-year knee osteoarthritides and patient-reported outcomes in athletes who followed our treatment algorithm and chose early (<6 months) anterior cruciate ligament reconstruction (ACLR) with pre- and postoperative rehabilitation, delayed (>6 months) ACLR with pre- and postoperative rehabilitation, and progressive rehabilitation alone.

Materials and Methods We included 276 athletes with unilateral ACL injury from a prospective cohort. Tibiofemoral radiographs, the International Knee Documentation Committee (IKDC) and the Knee injury and Osteoarthritis Outcome Score (KOOS) subscales were assessed. Radiographic osteoarthritides was defined as Kellgren and Lawrence (K&L) grade ≥2 and symptomatic osteoarthritides as KOOS pain score ≥72 and K&L grade ≥2.

Results At 10 years, 138 athletes had interpretable radiographs, thereof 59% had chosen early ACLR, 14% delayed ACLR, and 27% progressive rehabilitation alone. Across treatment groups, 12% had radiographic osteoarthritides and 1% had symptomatic OA. The mean±SD IKDC score was 87±11 points, while the KOOS subscales ranged between 76±20 (quality of life) and 98±4 (activities of daily living) points. The KOOS sport and recreation score was statistically significantly lower following delayed ACLR compared to early ACLR (p=.002) or rehabilitation alone (p=.004). No other outcomes differed between groups (p>.2).

Conclusion Patients with ACL injuries who followed our treatment algorithm had low rates of knee osteoarthritides and good patient-reported outcomes at 10 years. Our findings reflect outcomes after treatment as it occurs in clinical practice.

Introduction In the aftermath of Achilles tendon rupture (ATR) a period of immobilization is always needed. For ATR, the immobilization period is normally 6–8 weeks which can cause significant leg muscle deconditioning and muscle weakness. Descriptive studies of limb deconditioning in the early stages after ATR injury are lacking and could yield new insights on how to best limit deconditioning after injury.

Material and Methods 15 patients with unilateral non-operated ATR were included from a randomised controlled trial. At 6 weeks after injury, all patients underwent computer tomography investigation from mid-thigh to plantar foot. Muscle CSA and attenuation were measured and associated with both patient-reported- and functional outcome one year after injury.

Results The soleus muscle of the injured limb contained at mean 19.5% more intramuscular fat than the uninjured limb at 6 weeks after injury (p<0.05). The lateral and medial gastrocnemius contained at mean 8.3% and 14.8% more fat than the uninjured limb respectively (p>0.05). Mean CSA of the uninjured lateral, medial gastrocnemius and soleus were 11.4%, 8.4% and 6.7% larger than the injured limb (p<0.05). No association between CSA or fatty infiltration and patient outcome were observed. There was no association between patient weightbearing during immobilization and muscle deconditioning.

Conclusion Muscle deconditioning occur early after ATR. Significant fatty infiltration in the muscle had occurred, with no significant difference in muscle CSA. However, no significant association to patient outcome were observed at one year, which might be due to the low number of patients in this study.

Introduction Better two-year outcomes are achieved when anterior cruciate ligament reconstruction (ACLR) is combined with progressive preoperative and postoperative rehabilitation than with usual care, but long-term outcomes are not investigated. We therefore compared patient-reported outcomes 10 years after ACLR in patients who followed progressive preoperative and postoperative rehabilitation versus those who followed usual care.

Materials and Methods We included patients from the Norwegian arm of the Delaware-Oslo ACL cohort (progressive preoperative and postoperative rehabilitation, n=101) and the Norwegian Knee Ligament Registry (usual care, n=3162). Patients had primary unilateral ACLR using a patellar tendon or hamstring autograft after 2006, no substantial concomitant injuries, and were aged 13–40 years. The 10-year Knee Injury and Osteoarthritis Outcome Score (KOOS) subscale scores and proportion exceeding the patient-acceptable