A DECADE AFTER THE DELAWARE-OSLO ACL TREATMENT ALGORITHM: WHAT ARE THE LONG-TERM OUTCOMES?

1Anouk Urhausen*, 1Marie Pedersen, 2Hege Grindem, 1Naoaki Ito, 1Eliana Arhos, 1Angela Schmitz, 1Karín Silbernagel, 4Michael Axe, 2Lars Engberg, 5Lynn Snyder-Mackler, 1May Arna Risberg, 1Department of Sports Medicine, Norwegian School Of Sport Sciences, Norway; 2Oslo Sport Trauma Research Center, Norwegian School of Sport Sciences, Norway; 3Stockholm Sports Trauma Research Center, Department of Molecular Medicine and Surgery, Karolinska Institutet, Sweden; 4Department of Physical Therapy, University of Delaware, USA; 5Ohio State University, USA; 6First State Orthopaedics, USA; 7Division of Orthopedic Surgery, Oslo University Hospital, Norway

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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 osteoarthritis 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 and Osteoarthritis Outcome Score (KOOS) subscales were assessed. Radiographic osteoarthritis was defined as Kellgren and Lawrence (K&L) grade ≥2 and symptomatic osteoarthritis as KOOS pain score ≥72 and K&L grade ≥2.

Results At 10 years, 138 athletes had interpretable radiographs, whereof 59% had chosen early ACLR, 14% delayed ACLR, and 27% progressive rehabilitation alone. Across treatment groups, 12% had radiographic osteoarthritis 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 osteoarthritis and good patient-reported outcomes at 10 years. Our findings reflect outcomes after treatment as it occurs in clinical practice.

SUPERIOR OUTCOMES AFTER PROGRESSIVE PRE- AND POSTOPERATIVE REHABILITATION COMPARED WITH USUAL CARE 10 YEARS AFTER ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION

1Anouk Urhausen*, 1Marie Pedersen, 2Hege Grindem, 2Lars Engberg, 5Lynn Snyder-Mackler, 1May Arna Risberg, 1Norwegian School Of Sport Sciences, Norway; 2Oslo Sport Trauma Research Center, Norwegian School Of Sport Sciences, Oslo, Norway; 3Stockholm Sports Trauma Research Center, Department of Molecular Medicine and Surgery, Karolinska Institutet, Sweden; 4Division of Orthopedic Surgery, Oslo University Hospital, Norway; 5Department of Physical Therapy, University of Delaware, USA

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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...
symptom state (PASS) threshold were compared with one-way analysis of covariance (adjusted for sex, age, time to surgery, and cartilage/meniscus injury at ACLR) or chi-square tests (α = 0.05).

**Results** Eighty-three (83%) and 1477 (53%) patients attended the 10-year follow-up. Patients who received progressive pre-operative and postoperative rehabilitation had superior outcomes for KOOS pain, symptoms, activities of daily living, sports and recreation compared with usual care (p < .001), with the largest difference in sports and recreation (13 ± 6 points). A greater proportion also exceeded the PASS-threshold compared to patients who received usual care (53–97% versus 38–83%, p < 0.03).

**Conclusion** Ten years after ACLR, patients who received progressive pre-operative and postoperative rehabilitation had better knee function and symptoms, and a greater proportion achieved acceptable symptoms compared to patients who underwent usual care.

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**110 PRONOUNCED QUADRICEPS WEAKNESS WITH QUADRICEPS TENDON GRAFT COMPARED TO PATELLAR OR HAMSTRINGS TENDON GRAFT FOR ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION**

David Holmgren, Shiha Noory, Eva Moström, Anders Stålman, Tobias Wörner. Department of Molecular Medicine and Surgery, Stockholm Sports Trauma Research Center, Karolinska Institutet, Sweden; Capio Astro Clinic, FIFA Medical Centre of Excellence, Sophiahemmet Hospital, Vallhallavägen 91, Sweden; Oslo Sport Trauma Research Center, Norway; Department of Health Sciences, Lund University, Sweden

**Introduction** Impaired quadriceps muscle function following ACLR is associated with worse clinical outcomes and risk of re-injury. Yet, we know very little about quadriceps muscle function in patients reconstructed with quadriceps tendons (QT), a graft with increasing popularity worldwide. The purpose of this study was to describe and compare isokinetic quadriceps strength in patients undergoing ACLR with QT, hamstrings tendon (HT) or patellar tendon (BPTB) autograft.

**Materials and Methods** In this cross-sectional study we included QT-patients (n = 104) and matched them to BPTB- (n = 104) and HT-patients (n = 104) according to age, gender, and associated meniscus surgeries (Mean time from ACLR [SD]: 7 months [1]). Data were collected through clinical follow up routines and the Swedish ACL registry. Isokinetic strength was measured at 90°/seconds and expressed through leg symmetry index (LSI). Group differences were assessed by analysis of variance with post-hoc pair wise comparison.

**Results** QT patients had significantly lower peak knee extension torque than BPTB- (Mean LSI difference [95%CI]: -6.9% [-11.2 to -2.7], p = <0.01) and HT-patients (Mean LSI difference [95%CI]: -17.4% [-21.7 to -13.2], p = <0.01). None of the graft groups reached a mean LSI in peak knee extension torque of >90% [Mean LSI [95%CI]: QT = 67.5% [64.8–70.1]; BPTB = 74.4% [72–76.9]; HT = 84.9% [82.4–87.4].

**Conclusion** Seven months following ACLR, patients operated with QT-grafts present with significantly worse isokinetic quadriceps strength than patients operated with BPTB- and HT grafts. None of the three groups reached an LSI of >90% in quadriceps strength.

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**111 USING BIOMECHANICS TO ASSESS THE COUNTERMOVEMENT JUMP AS A TOOL TO MEASURE MALE AND FEMALE ADOLESCENTS WITH ACL INJURY**

Joana Hornestam, Blake Miller, Sasha Cansen, Daniel Benoit. University of Ottawa, Faculty of Health Sciences, Canada; Lunds Universitet, Faculty of Medicine, Sweden

**Introduction** Adolescent anterior cruciate ligament (ACL) injuries have increased substantially over the last two decades and some 25% will experience a re-injury following surgery, with injury rates highest among females. As such, improved return to activity metrics are imperative. Vertical jump performance is a commonly used tool, however performance standards and the role of the injured or non-injured limb in achieving jump height is unknown for adolescent males and females. As such, the purpose of this study was to (1) assess performance in ACL injured and uninjured adolescents, and (2) assess limb contributions to this performance.

**Materials and Methods** Thirty-one ACL injured and thirty-eight control female adolescents, and fifteen ACL injured and twenty-five control male adolescents performed a counter-movement jump (CMJ) task while whole body 3D kinematics were recorded. Maximum jump height and the maximum sagittal hip, knee, and ankle velocities were calculated. Females and males were analysed separately, while contrasts were made between limbs and injury status.

**Results** Jump height was 13% lower in the ACLi compared to CON, while the ACLi contralateral limb also produced greater hip, knee and ankle angular velocities compared to their injured limb in females. No difference was found in jump height between ACLi and CON, however the contralateral limb of the ACLi males had greater hip and knee extension angular velocities. Neither male nor female controls had inter-limb differences.

**Conclusion** ACLi adolescents shielded the injured limb to achieve similar jump performance. This leads to asymmetrical joint loading and may explain injury risk.

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**112 READYTOPLAY: INJURY AND ILLNESS SURVEILLANCE IN WOMEN’S PREMIER LEAGUE FOOTBALL IN NORWAY – A 2-YEAR PROSPECTIVE COHORT STUDY**

Solveig Thorarinsdottir, Roar Amundsen, Markus Vagle, Thor Einar Andersen, Merete Møller, Ben Cansen, Bahr Roald. Oslo Sports Trauma Research Centre, Sognsvann 220, Norway; Department of Sports Medicine, Aspetar Orthopedic and Sports Medicine Hospital, Sports City Street, Qatar; The Norwegian FA Medical Centre, Ekebergveien 101, Norway; University of South-Eastern Norway, Department of Sports, Physical Education and Outdoor Studies, Norway; Department of Sports Science and Clinical Biomechanics, University of Southern Denmark, Campusvej 55, Denmark; Department for Disease Burden, Norwegian Institute of Public Health, Norway

**Introduction** Previous epidemiological studies in women’s football have used methods inappropriate to capture overuse injuries and illnesses. The aim of this study was to describe...