

Improvements in ACL surgery may help prevent knee osteoarthritis

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Injury to the anterior cruciate ligament (ACL) in the knee frequently leads to early-onset osteoarthritis, a painful condition that can occur even if the patient has undergone ACL reconstruction to prevent its onset. A new review looks at the ability of two different reconstruction techniques to restore normal knee motion and potentially slow degenerative changes.

The findings suggest that where a graft is placed on the femur is crucial for restoring joint function and knee motion and for preventing cartilage from thinning, a degenerative change associated with osteoarthritis.

"ACL injury can age the knee by an estimated 30 years," said Dr. Lou DeFrate, author of the *Journal of Orthopaedic Research* review. "Since this injury is so common in young people, it is important to prevent these degenerative changes to maintain joint health and function long into adulthood."

More information: Louis E. DeFrate, The effects of ACL graft placement on in vivo knee function and cartilage thickness distributions, *Journal of Orthopaedic Research* (2017). DOI: [10.1002/jor.23541](https://doi.org/10.1002/jor.23541)

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