COMBINED ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION USING SEMI TENDINOSUS TENDON AND ILIOTIBIAL TRACT USING ZARINS TECHNIQUE

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ABSTRACT

This study represents the results of a reconstruction procedure designed to decrease anterior tibial subluxation due to disruption of the anterior cruciate ligament. The operation combines both intra-articular and extra-articular methods using the semitendinosus tendon and ilio-tibial tract.

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This technique was performed in 16 male patients. Their age ranged from 19 to 40 years with a mean of 28.3 years. The duration of symptoms prior to surgery ranged from 6 months up to 5 years with an average of 3.8 years. All patients had a reasonable period of physiotherapy for at least 6 months without significant improvement of their symptoms.

Football was the commonest type of sport activity during which the anterior cruciate ligament was injured (10 cases, 62.5%).

Our cases were assessed according to the modification of the criteria put by Hughston (1983) which depends on subjective and objective findings. According to these criteria the results were excellent in 5 cases (31.25%), good in 7 cases (43.75%), fair in 3 cases (18.75%), and poor in one case (6.25%).

INTRODUCTION

Rupture of the anterior cruciate ligament and of certain capsular restraints such as the posteromedial and lateral parts of the capsule can result in anterior subluxation of the tibia. Operative procedures used to stabilize the knee that has anterior tibial subluxation can be grouped in two major categories: intra-articular and extra-articular (Noyes et al., 1984 and MacIntosh, 1976).

An intra-articular reconstruction alone was not adequate for severe instability since the secondary capsular structures were lax. So com-