

Are You Sure I Can Play Without Reconstruction Doc?

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Anterior Cruciate Ligaments (ACL) injuries are some of the most common injuries in many sports, particularly in sports that involve knee torsion and pivoting such as in field and court sports typically in football, rugby, basketball and netball. Over the decades that ACL treatment has evolved, surgical treatment and the various means of reconstructing the ACL have always held central count. However in recent years, there has been a move towards newer less invasive and minimally invasive methods and even a trend towards non-surgical management altogether, with recent research suggesting that surgical reconstruction may be no better than a good rehabilitation programme. In the face of such counterintuitive data, how does a clinician rightfully answer the question when posed by a concerned athlete-patient: “Are you sure I can play without reconstruction, doc?” In this short presentation, we will highlight the concerns and considerations and an updated treatment algorithm for ACL treatment.