



Shelbourne Knee Center
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Specialized Care for Knee Injuries

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Correlation of Remaining Patellar Tendon Width with Quadriceps Strength After Autogenous Bone-patellar tendon-bone Anterior Cruciate Ligament Reconstruction. Shelbourne KD, Rubinstein RA, VanMeter CD, et al: *Am J Sports Med* 22, 774-778, 1994

One hundred twenty-one patients were prospectively studied to determine whether the different remaining patellar tendon widths after central 10-mm bone-patellar tendon-bone graft harvest influenced the rate and level of quadriceps strength achieved during rehabilitation. Size of the patellar tendon width, measured at the same location in each patient, ranged from 24 to 35 mm. For this study, patients were grouped according to their remaining tendon size into small (14 to 17 mm; mean 15.8), medium (18 to 20 mm; mean 19.2), and large (21 to 25 mm; mean 22.5) widths. Postoperatively, the patient's isokinetic quadriceps scores were determined at 6 weeks, 3 months, 6 months, and 1 year. At 6 weeks, the small- and medium-width tendon groups continued to be significantly weaker than the large-width tendon group. At and beyond 6 months, no statistically significant differences were seen between remaining patellar tendon width groups and their isokinetic quadriceps scores. A constant-sized autogenous patellar tendon graft may be harvested for anterior cruciate ligament reconstruction without compromising ultimate postoperative quadriceps strength recovery.