



Shelbourne Knee Center
at Methodist Hospital

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“En Masse” Reconstruction for Acute Injuries to the Lateral Side of the Knee. Shelbourne KD, Haro MS, Urch SE. *Tech Knee Surg* 2009;8:246 – 250.

ABSTRACT

Isolated lateral side knee injuries are rare and more commonly occur as part of a multi-ligament knee injury or a knee dislocation. Historically lateral side knee injuries have been difficult to treat and patients are often left with long term instability and loss of function. Since 1988 the senior author (KDS) has been performing a unique “en masse” lateral side repair to address these difficult injuries. This technique attempts to use the healing potential of each structure injured to obtain the best possible result. The lateral side is primarily repaired in an “en masse” fashion and the ACL is reconstructed at the same setting or as a staged procedure according to when the patient has adequate range of motion in the knee. All PCL injuries are left in situ because they can heal without treatment even in the setting of multiple ligament injuries. The surgical technique has allowed patients to return to their previous high levels of activity with subjectively and objectively normal or nearly normal knees.