



Shelbourne Knee Center
at Methodist Hospital
Specialized Care for Knee Injuries

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Patella Tendon Rupture after ACL Reconstruction. Shelbourne KD, Lawrance SE, Kerr B. *Op Tech Sports Med* 2006;14:8-14.

Patella tendon ruptures following ACL surgery can become a potentially serious post-operative complication if handled incorrectly. Proper surgical and rehabilitation must be undertaken to ensure that the overall results of both the initial ACL reconstruction and subsequent tendon rupture are satisfactory. If properly managed, post-operative patella tendon rupture can be treated and the overall outcome of the ACL surgery is not affected. In our experience of 5000 ACL reconstructions, a total of 11 patella tendon ruptures have occurred with 6 occurring following an ipsilateral ACL reconstruction and 5 occurring following a contralateral ACL reconstruction. All patella tendons were repaired using suture anchors and augmented with a Dall-Miles cable. Follow-up at an average of 3.1 years postoperatively shows that patients regained full knee hyperextension with 141° of flexion on the involved side with average of 143° on the uninvolved knee. Average return of strength was 94% measured with isokinetic testing. Single leg hop scores averaged 96% compared to opposite noninvolved knee. The following chapter discusses the surgical technique, rehabilitation, and results of our experience treating this potentially difficult postoperative complication following ACL reconstruction.