



Shelbourne Knee Center
at Methodist Hospital
Specialized Care for Knee Injuries

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Management of Anterior Cruciate Ligament Injuries in Skeletally Immature Adolescents. Shelbourne KD, Patel DV, McCarroll JR: *Knee Surg. Sports Traumatol, Arthroscopy* 4:68-74, 1996.

ABSTRACT: Anterior cruciate ligament (ACL) injuries in skeletally immature adolescents are being diagnosed and reported with increasing frequency. Nonoperative management of midsubstance ACL injuries in adolescent athletes frequently results in a high incidence of giving-way episodes, recurrent meniscal tears, and early onset of osteoarthritis. An intraarticular ACL reconstruction (using the central 10-mm patellar tendon graft) in young athletes approaching skeletal maturity provided predictable excellent knee stability, and the athletes are able to return to competitive sports with a decreased risk of recurrent meniscal and/or chondral injury. Guidelines for the management of ACL injuries in skeletally immature adolescents are presented.