

## Early complication of anterior cruciat ligament reconstruction with bone-patellar tendon- bone graft

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### Abstract

**Background and Objective:** Anterior cruciate ligament (ACL) tear is one of the most common knee injuries among young adults and sportman. They need reconstruction when they are accompanying with other knee internal derangements to prevent knee osteoarthritis. This study was designed to explore early complication of anterior cruciat ligament reconstruction with bone-patellar tendon- bone graft.

**Materials and Methods:** This prospective and cross-sectional study was done on 13 patients which refered to Qaem hospital in Mashhad-Iran during 2008. The first 3 months complications and problems of anterior cruciate ligament reconstructions, with bone-patellar tendon, bone graft technique, was recorded on regular basis, symptoms and signs were documented.

**Results:** Anterior knee pain and knee stiffness were common as 70% and 38% respectively. We did not observe any infection but in 15% of patients a minor instability (ADT+) was detected. Patients cooperation was low and even 54% of them did not implement, post-operative advices.

**Conclusion:** This study showed that minor instability and subsequent pain are the early problems during the first three month after anterior cruciate ligament constraction.

**Keywords:** Anterior cruciate ligament, Knee, Rehabilitation, Pain, Range of motion

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