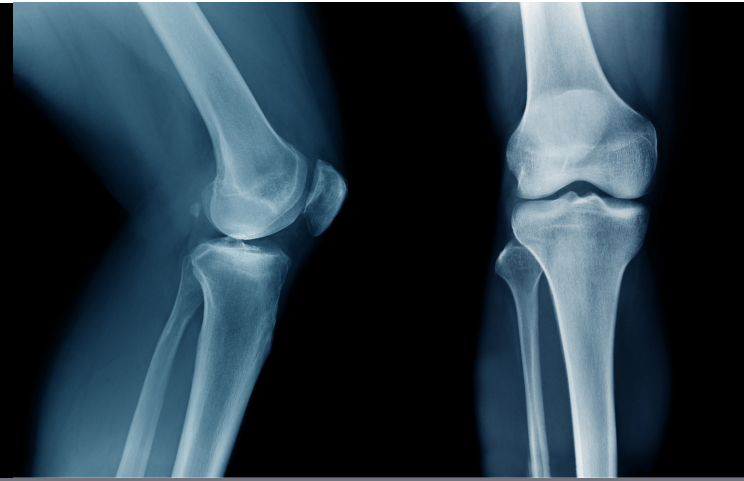


# Prognostic factors for tibiofemoral and patellofemoral osteoarthritis 32–37 years after anterior cruciate ligament injury managed with early surgical repair or rehabilitation alone



**Aim:** The primary aim of this study was to examine prognostic factors for radiographic osteoarthritis and ‘symptoms plus radiographic osteoarthritis’ following anterior cruciate ligament (ACL) injury. These findings will help to identify potential characteristics following ACL injury that could be used to prevent or delay osteoarthritis onset.

**251**

**Patients in 1980-1985**

**15-40**

**Years old at time of injury**



**127**

**Were eligible**

**Radiographic osteoarthritis (ROA)**  
Tibiofemoral (TFJ) or patellofemoral (PFJ) joint  
K&L Grade  $\geq 2$   
**Symptoms plus ROA (SOA)**  
(ROA) + pain and/or symptoms



**59% had TFJ-ROA**  
**48% had TFJ-SOA**  
**36% had PFJ-ROA**  
**27% had PFJ-SOA**



## RESULTS

**Baseline meniscus surgery** was a prognostic factor for **TFJ-ROA**



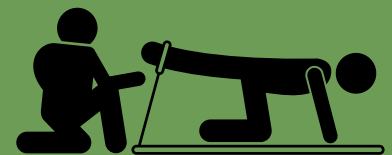
**A single-leg-hop limb symmetry index (LSI) < 90%** was a prognostic factor for **PFJ-ROA and PFJ-SOA**



**Hamstrings strength LSI < 90%** was a prognostic factor for **PFJ-SOA**



**ACL treatment with rehabilitation-alone** was associated with an **80% reduction** in the odds of **PFJ-SOA**, compared with early ACL-repair.



## TAKE HOME



Meniscal surgery, ACL repair, reduced 4-year hop test and weaker hamstrings were prognostic factors for knee OA 32-37 years after injury.