

## Stability 2: ACL Reconstruction +/- Lateral Tenodesis with Patellar vs Quad Tendon (Protocol # PRO19020231)

**Status:** Recruiting

### Eligibility Criteria

**Sex:** Male or Female

**Age Group:** Not specified

This study is NOT accepting healthy volunteers

#### Inclusion Criteria:

- age 14-25 - ACL deficient knee - at least two of the following: participate in a competitive pivoting sport; have a pivot shift of grade 2 or greater; have generalized ligamentous laxity

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#### Exclusion Criteria:

- previous ACL repair on either knee - partial ACL tear - multiple ligament injury (two or more ligaments requiring surgery) - pregnancy

### Conditions & Interventions

#### Interventions:

Procedure: Anterior cruciate ligament reconstruction (ACLR), Procedure: Lateral extra-articular tenodesis (LET)

#### Conditions:

Bone, Joint & Muscle

#### Keywords:

Clinics and Surgery Center (CSC), ACL, Anterior cruciate ligament reconstruction, joint instability

### More Information

**Description:** The purpose of this multicenter study is to compare outcomes between patients who will undergo different types of ACL reconstruction. All patients will have a tendon from their own knee used to reconstruct the ACL. Prior to knee surgery, researchers will randomize (i.e. a coin toss) to determine if ACL reconstruction will be done with patellar or quadriceps tendon and if the lateral extra-articular tenodesis will or will not be added to the ACL surgery. We will follow-up with participants as they undergo treatment and recovery after surgery for 2 years.

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**Phase:** NA

**IRB Number:** SITE00000971

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