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EDITORIAL

The risk factors for second anterior cruciate ligament (ACL) tear after ACL reconstruction

O. Şahap Atik, MD

[1]President, Turkish Joint Diseases Foundation, Ankara, Türkiye

Anterior cruciate ligament (ACL) tear is one of the most common sports-related injury.[1] It causes knee instability and increases risk of future knee osteoarthritis.

Individuals may not return to their physical activity routines; it may even affect sexual functions adversely in **males**.[2]

Anterior cruciate ligament injury prevention programs focusing on the reduction in non-contact ACL injuries have been developed to target high-risk populations, such as **female athletes**.[3]

The Delaware-Oslo ACL cohort study revealed that high rates of second ACL injury in **young athletes** might be driven by a mismatch between return to sport (RTS) rates and functional readiness to RTS. **More time prior to RTS, and improving rehabilitation and RTS support** may reduce second ACL injury rates in young athletes with ACL reconstruction.[4]

Small ACL inclination angle and medial meniscus bone angle can be a risk factor for ACL tear.[5] Medial meniscus posterior base angle and the lateral meniscus posterior base angle values above 84.5° and 93.15°, respectively **are new indirect magnetic resonance imaging findings** of ACL injury.[6]

Anterior cruciate ligament **repair** using dynamic intraligamentary stabilization provides a **similarly successful outcome** as all-inside ACL reconstruction with a faster psychological recovery in moderately active patients.[7]

A study cohort consists of 1,661 soccer players from the Swedish National Knee Ligament Registry with 10 year-follow up after a primary ACL reconstruction revealed that players that return to soccer had a significantly higher risk of sustaining further ACL injury. **Only half of the soccer players returned to** play after ACL reconstruction and, in two-thirds of those who did not return, the reason was knee related. The **high risk of sustaining additional knee injury is of serious concern to the player's future knee health and should be considered while deciding on a return to play**.[8]

Finally, a systematic review and meta-analysis revealed that **soccer players experienced high ACL injury rates after primary ACL reconstruction** and demonstrated similar reinjury rates, consistent with previous literature of athletes who participated in high-demand pivoting sports.[9]

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Correspondence: O. Şahap Atik, MD. Turkish Joint Diseases Foundation, Mustafa Kemal Mah., Dumlupınar Bul., 274/2, C2 Blok, Ofis 5, 06900 Çankaya, Ankara, Türkiye.
E-mail: satikmd@gmail.com

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