



Patterson B. Poor functional performance 1 year after ACLR increases the risk of early OA progression *B/SM 2020*

What did we do?



Is functional performance 1-year post-ACLR. associated with structural or symptomatic changes on MRI between 1 and 5 years post-ACLR ?

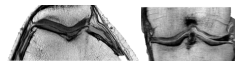
Single hop
Triple crossover hop
Side hop
One leg rise



Pass >90% limb symmetry



Fail <90% limb symmetry



Worsening cartilage, bone marrow
and meniscal lesions on MRI

Change in KOOS &
IKDC scores



What did we find?



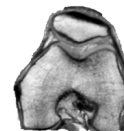
1 in 5 passed all four tests

**Poor
function**



**2 to 4 times increased risk of
worsening patellofemoral bone
marrow & cartilage lesions**

(failed all 4 tests)



What does it mean?

Majority of patients after ACLR did not pass the test battery 1-year post-ACLR , and may require ongoing exercise-therapy to restore limb symmetry, especially since failing the test battery was associated with an increased risk of early osteoarthritis progression

