

Muscle Strength Recovery After ACL Reconstruction with Partial vs. Full-Thickness Quadriceps Tendon Autograft

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INTRODUCTION

➤ QT autograft

- Greater asymmetry in landing kinetics¹
- Loss of knee extension²
- Weaker quad strength at 7 months³

1. Cherelstein RE et al. AJSM 2025
2. Giusto JD et al. OJSM 2025
3. Holmgren D et al. AJSM 2024

INTRODUCTION

➤ Partial vs. full-thickness

- No difference biomechanical properties¹
- No difference in gait mechanics²

1. Dansby J et al. OJSM 2025
2. Ripic Z et al. PM&R 2024

OBJECTIVE

To compare quadriceps and hamstrings strength between ACLR with partial and full-thickness QT autograft

Partial vs. Full-Thickness Quad Tendon Autograft

METHODS

- Included:
 - Primary ACLR with QT autograft
- Excluded:
 - Concurrent ligament reconstructions,
contralateral ACLR



Partial vs. Full-Thickness Quad Tendon Autograft

METHODS

➤ **Surgical Technique:**

➤ **Anatomic ACLR**

- Partial or full thickness, fixation, tunnel placement

METHODS

Quadriceps and Hamstrings Strength

Testing:

- Handheld dynamometry
- 3 / 6 / 9 and 12 months of follow-up

Partial vs. Full-Thickness Quad Tendon Autograft

METHODS



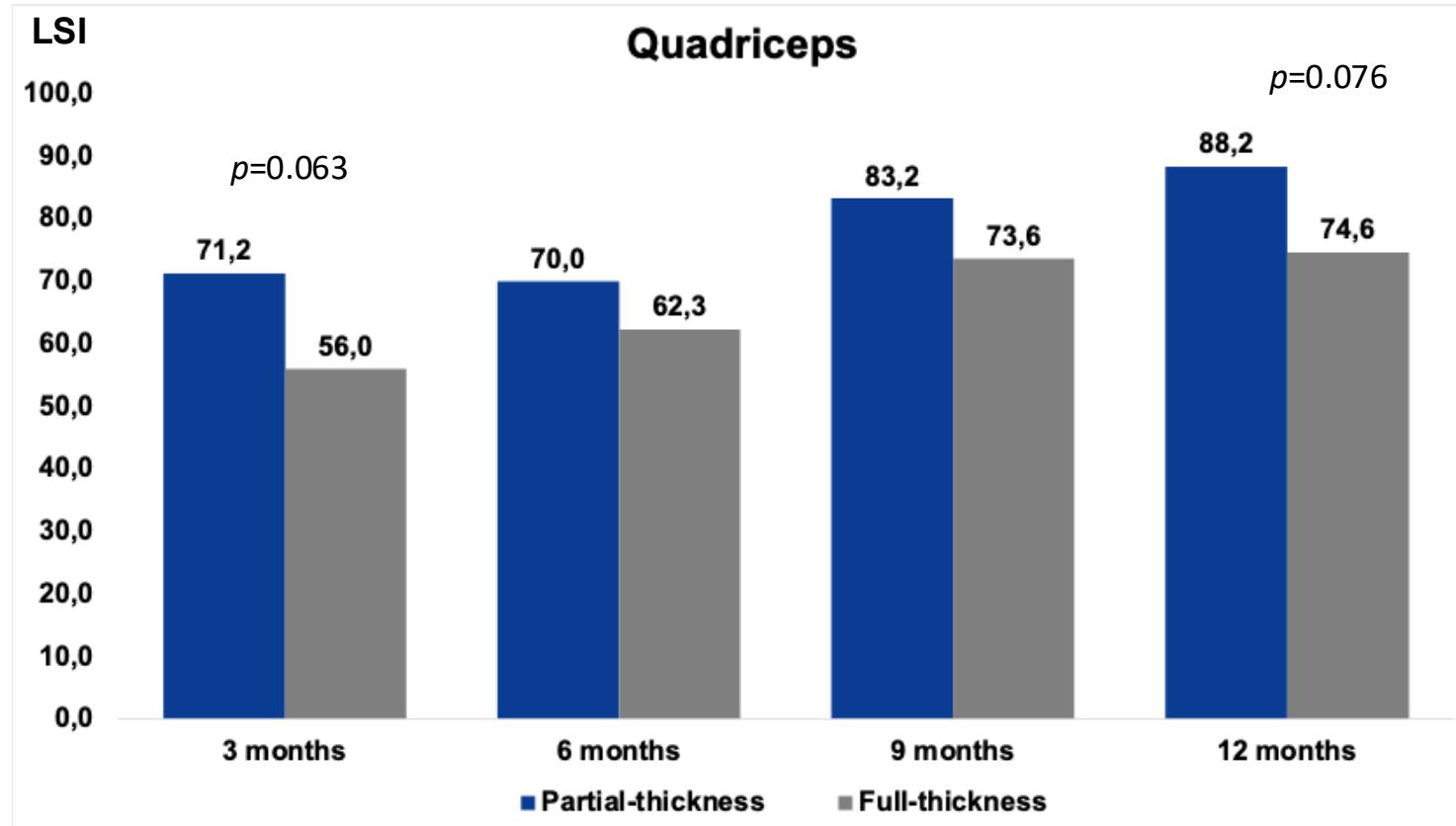
Comparable to isokinetic dynamometer¹

RESULTS

- 28 patients
- 16 partial / 12 full-thickness
- Mean graft size
 - 8.3mm partial vs. 9.8mm full-thickness

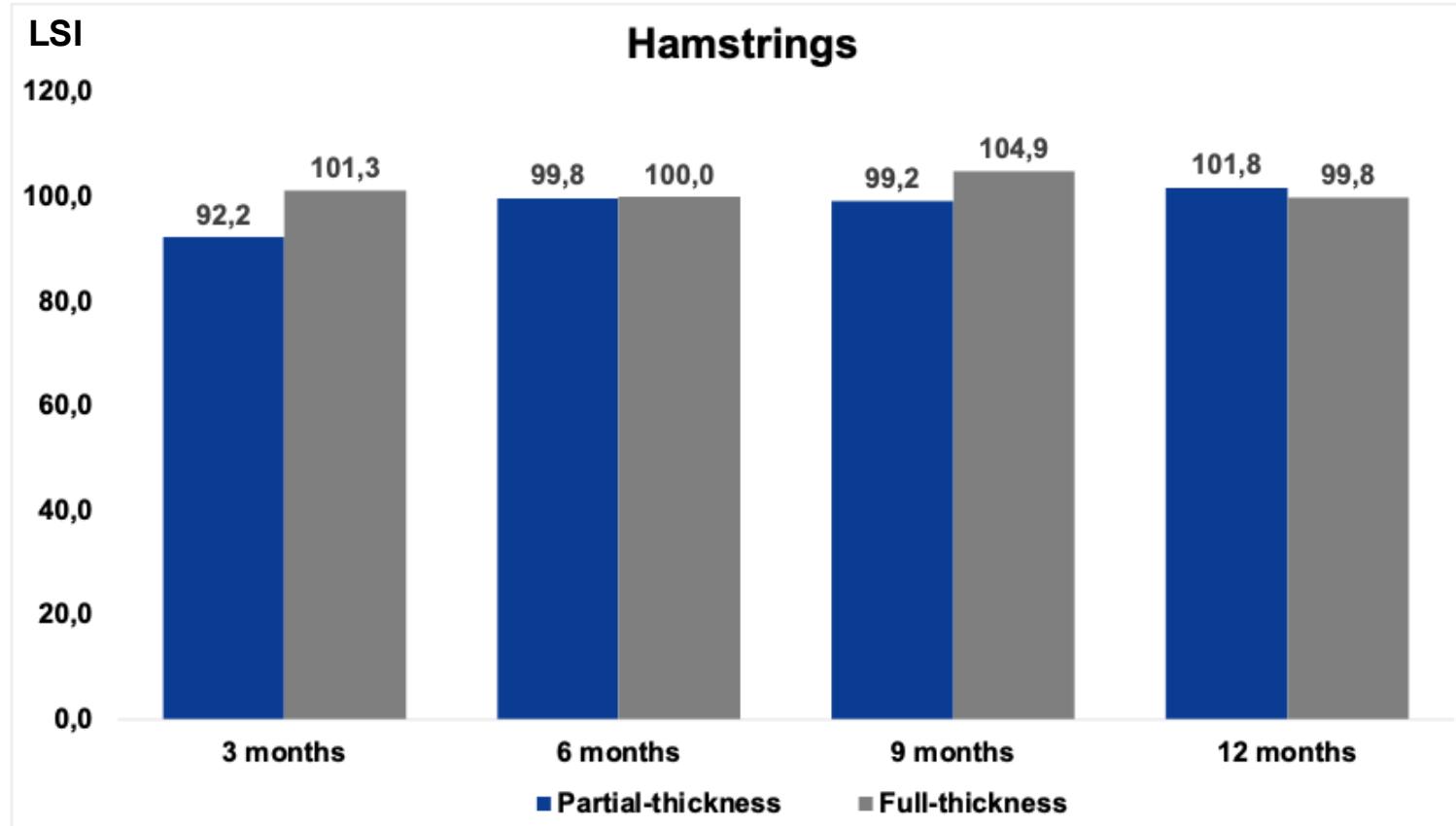
Partial vs. Full-Thickness Quad Tendon Autograft

RESULTS



Partial vs. Full-Thickness Quad Tendon Autograft

RESULTS





Partial vs. Full-Thickness Quad Tendon Autograft

DISCUSSION

MAIN FINDINGS

- ✓ Higher quadriceps LSI in partial-thickness group at 3 months
 - Earlier effective rehabilitation

DISCUSSION

MAIN FINDINGS

✓ Partial-thickness group near-optimal symmetry

at 12-month follow-up

- Safer return to sports

DISCUSSION

MAIN FINDINGS

- ✓ Both groups - excellent LSI for hamstrings
 - Does not negatively affect the posterior chain
 - May be preferred for athletes who require high flexor peak torque

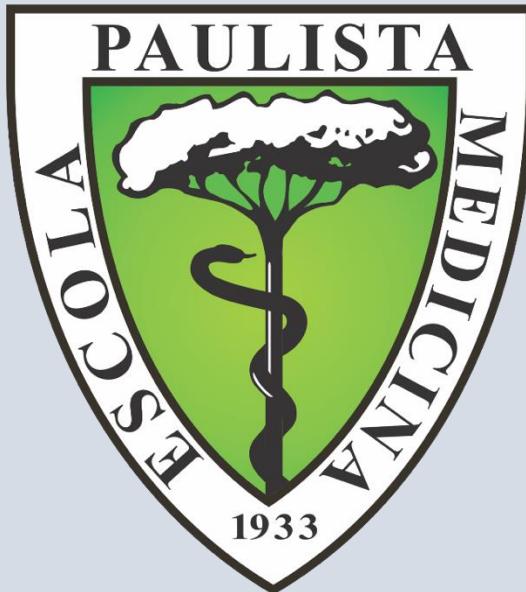
Partial vs. Full-Thickness Quad Tendon Autograft

CONCLUSION

Partial-thickness QT autograft demonstrated a faster functional recovery curve and superior extensor symmetry compared to the full-thickness QT grafts

Partial vs. Full-Thickness Quad Tendon Autograft

THANK YOU!



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