

Mini Symposium: My Worst ACL Case

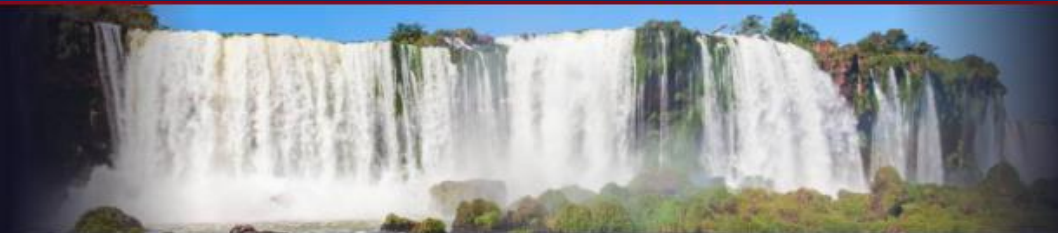
2/03/26



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ACL Biennial Meeting
Iguazu Falls, Brazil
February 1-5, 2026



16 Year old ACL tear

- **Basketball Athlete**
- **Team made it to the state tournament without him**
- **Awaiting ACLR surgery**

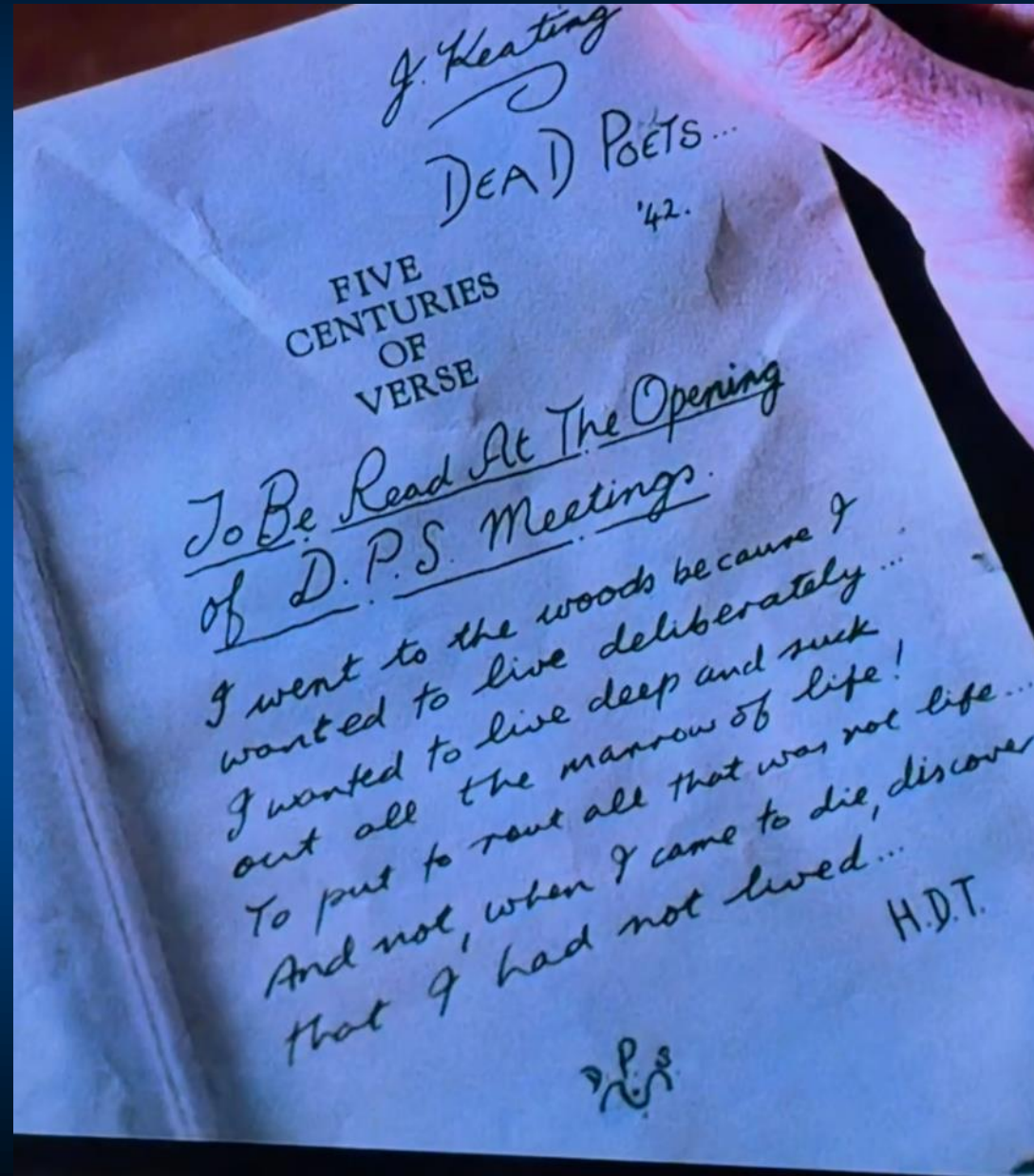
His team advanced to Sweet 16 Basketball tournament without him.



Committed Suicide

- **GSW to Head**
- **Found at Home by his Sister**
- **Father and Son saw Dead Poets Society one Day before Suicide**

Reading Opening verse by Henry David Thoreau



Played Puck in A Midsummer Night's Dream



**His Father Demanded
He Quit the Play**







Emotional Effect of ACL injuries in young patients: Loss of Identity...

- We stabilize knees
- We must be aware
 - How do other adolescent males see Neil?
 - Identity Lost
 - A Caged Soul
 - Not Allowed to Live as Himself



DEAD
POETS
SOCIETY

I consoled the family.
Do not underestimate the psychological effects of ACL injuries in young athletes.



Children's hospital suicide-self injury ED cases by year.

Source: Pediatric Health Information System (PHIS) USA

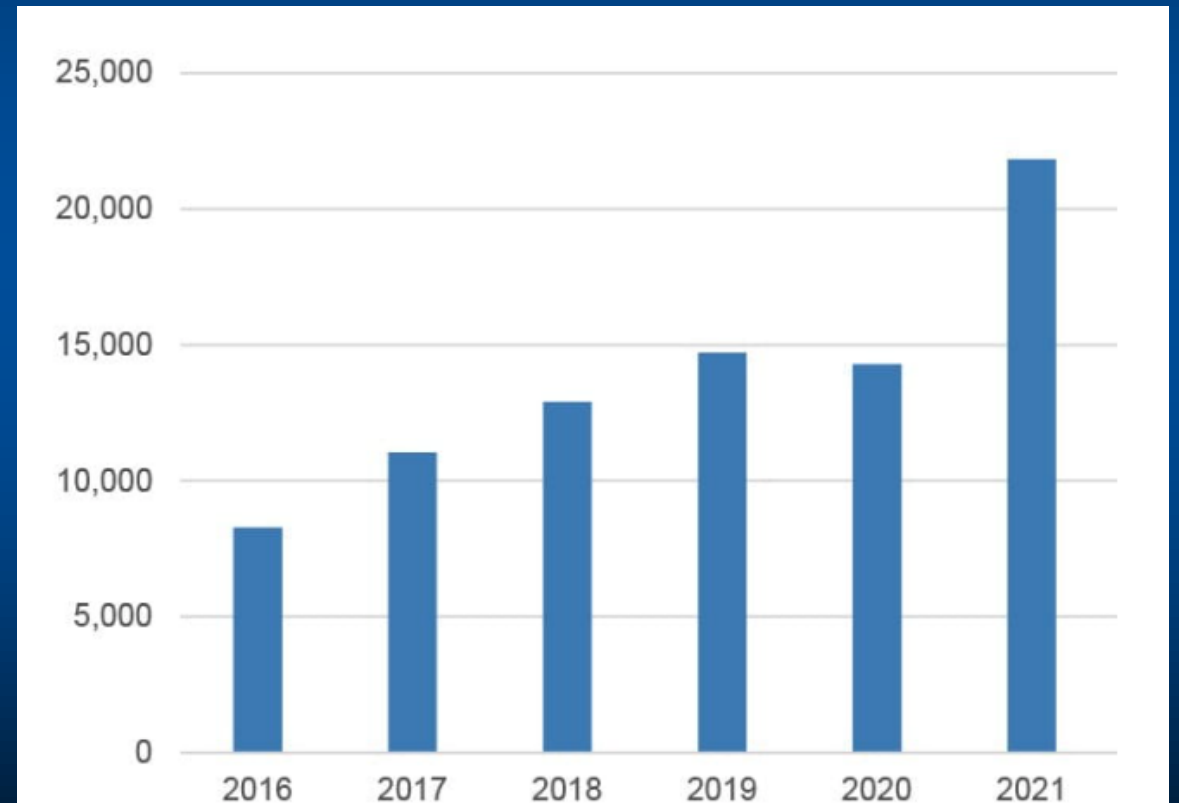
**Suicide self injury
Cases Age 5-18
increased by 170%**

Leading cause of death

2nd 10-14

3rd 15-24

Orange County, CA



There remains a paucity of objective criteria and consensus guidelines to facilitate the decision of RTP after ACLR

- **More Emphasis on Psychological state Kinesiophobia or Fear of Reinjury**
- **Need reliable consensus guidelines with objective and subjective criteria prior to RTP**

Return to Play Following Anterior Cruciate Ligament Reconstruction Michael B. Ellman, MD, Seth L. Sherman, MD, Brian Forsythe, MD, Robert F. LaPrade, MD, PhD Brian J. Cole, MD, MBA Bernard R. Bach, Jr, MD J Am Acad Orthop Surg 2015;23: 283-296

- **Include Kinesiophobia Self Efficacy Scales in pre op and functional assessment before return to play**
- **Younger <20 years are more likely to sustain ACL retear**
- **Athletes at risk for reinjury can be identified by measures like ACL-RSI**

Be aware of more serious mental effects on our ACL patients

J Rehabil Med 2007; 39: 486–492

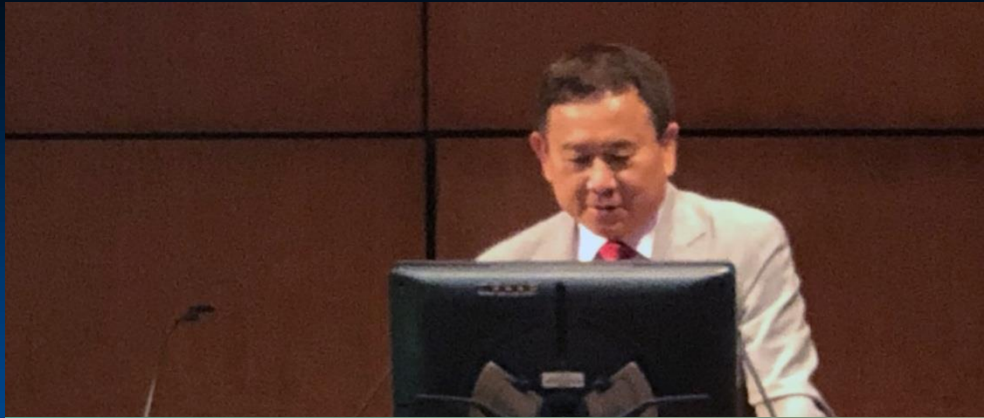
ORIGINAL REPORT

DETERMINANTS OF SELF-EFFICACY IN THE REHABILITATION OF PATIENTS WITH ANTERIOR CRUCIATE LIGAMENT INJURY*

Pia Thomeé, RPT, MSc^{1,4}, Peter Währborg, MD, PhD³, Mats Börjesson MD, PhD², Roland Thomeé, RPT, PhD^{1,4}, Bengt I. Eriksson MD, PhD¹ and Jon Karlsson MD, PhD¹

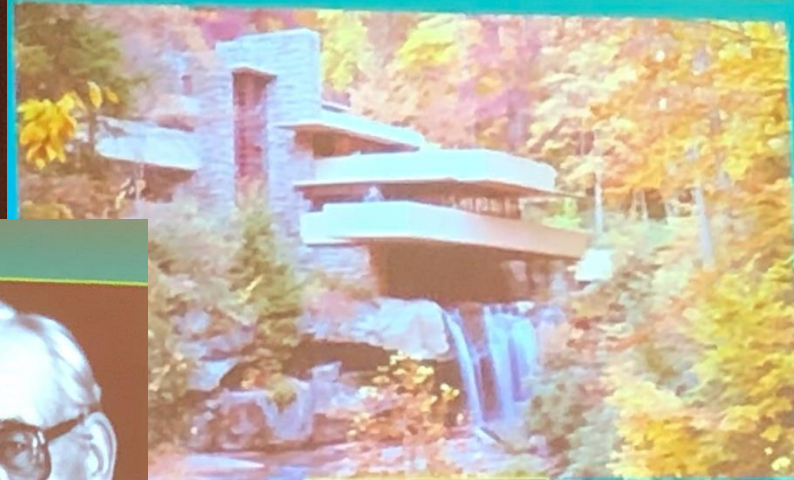
From the ¹Department of Orthopaedics, ²Department of Medicine, Multidisciplinary Pain Centre, Sahlgrenska University Hospital, ³The Sahlgrenska Academy, Göteborg University, ⁴Sportrehab – Physical Therapy & Sports Medicine Clinic, Göteborg, Sweden

McPherson AL, Feller JA, Hewett TE, Webster KE. Psychological Readiness to Return to Sport Is Associated With Second Anterior Cruciate Ligament Injuries. Am J Sports Med. 2019;47(4):857-862. doi:10.1177/0363546518825258



"Study nature, love nature, stay close to nature. It will never fail you."

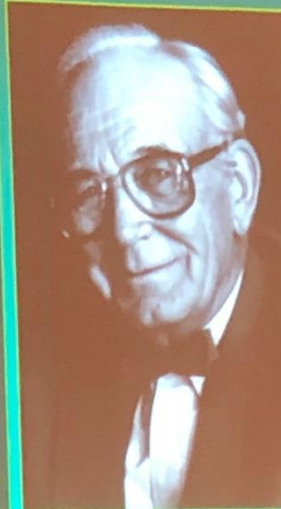
Frank Lloyd Wright



Fallingwater

"Good judgment
is based on experience
and experience
is based on bad judgment"

Jack C Hughston, MD



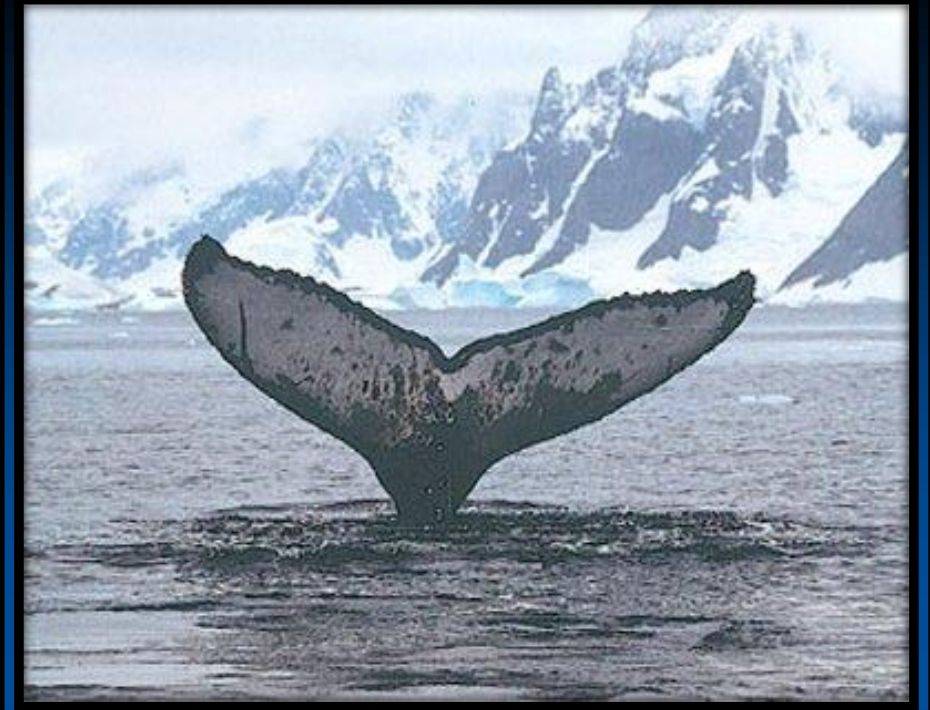
***Dr. Hughston was pioneer of everything.
Share your mistakes. Share your experience.***

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THE END



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