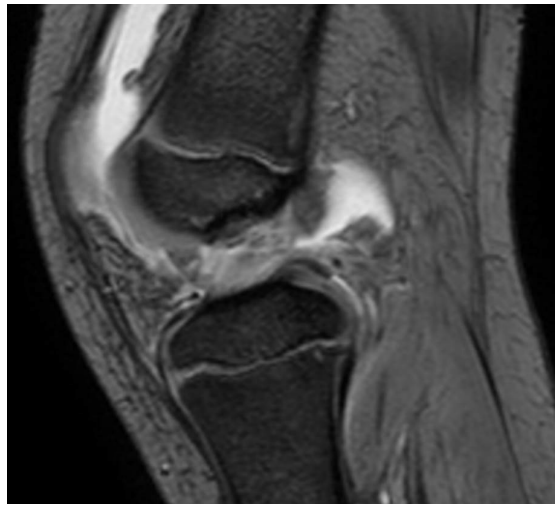
Non-operative treatment of ACL injuries in Norway



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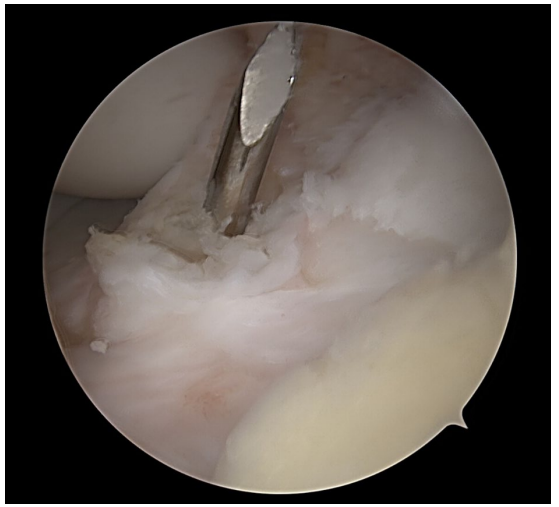

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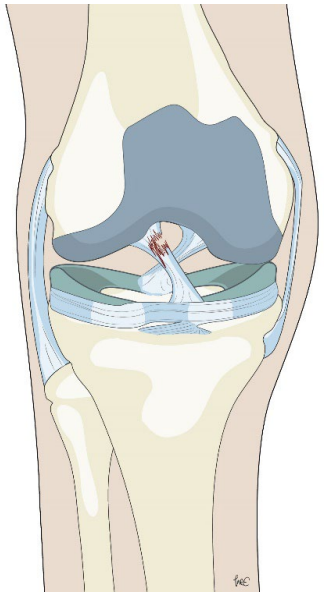
No disclosures

Agenda

- Prospective register-based study published in BJSM (October, 2025)
- Initial non-operative treatment of ACL injuried patients in Norway



British Journal of Sports Medicine

Original research

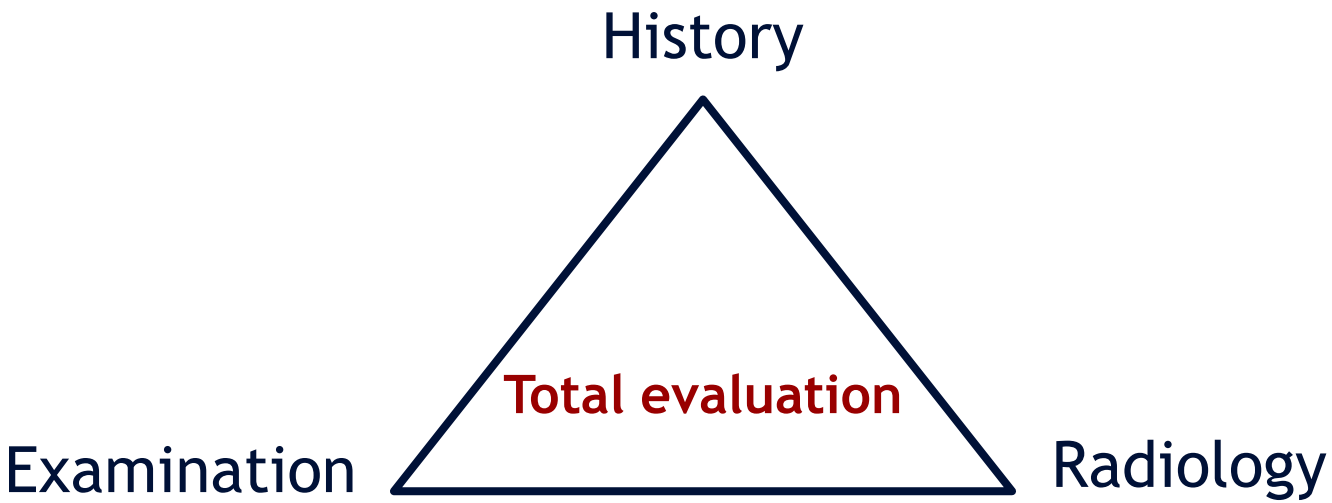
Non-operative treatment of anterior cruciate ligament injuries: two-thirds avoid surgery at 2-year follow-up in a nationwide cohort

Caroline Emilie van Woensel Kooy [1,2], Rune Bruhn Jakobsen, [1,3] Anne Marie Fenstad, [4] Andreas Persson, [3,5] Lars Engebretsen [2,5], Håvard Moksnes, [3] Guri Ranum Ekås [1,2]

Kooy CEvW, *et al*. *Br J Sports Med* 2025;**0**:1–9. doi:10.1136/bjsports-2025-109890

Non-operative treatment for ACL injury

- Treatment option in Norway for **selected** group of patients



Shared decision making

Non-operative treatment - clinical outcome?

Did not really have data to answer these questions

- How many are operated later?
- How are they doing?
- Which patients do better with non-operative treatment?

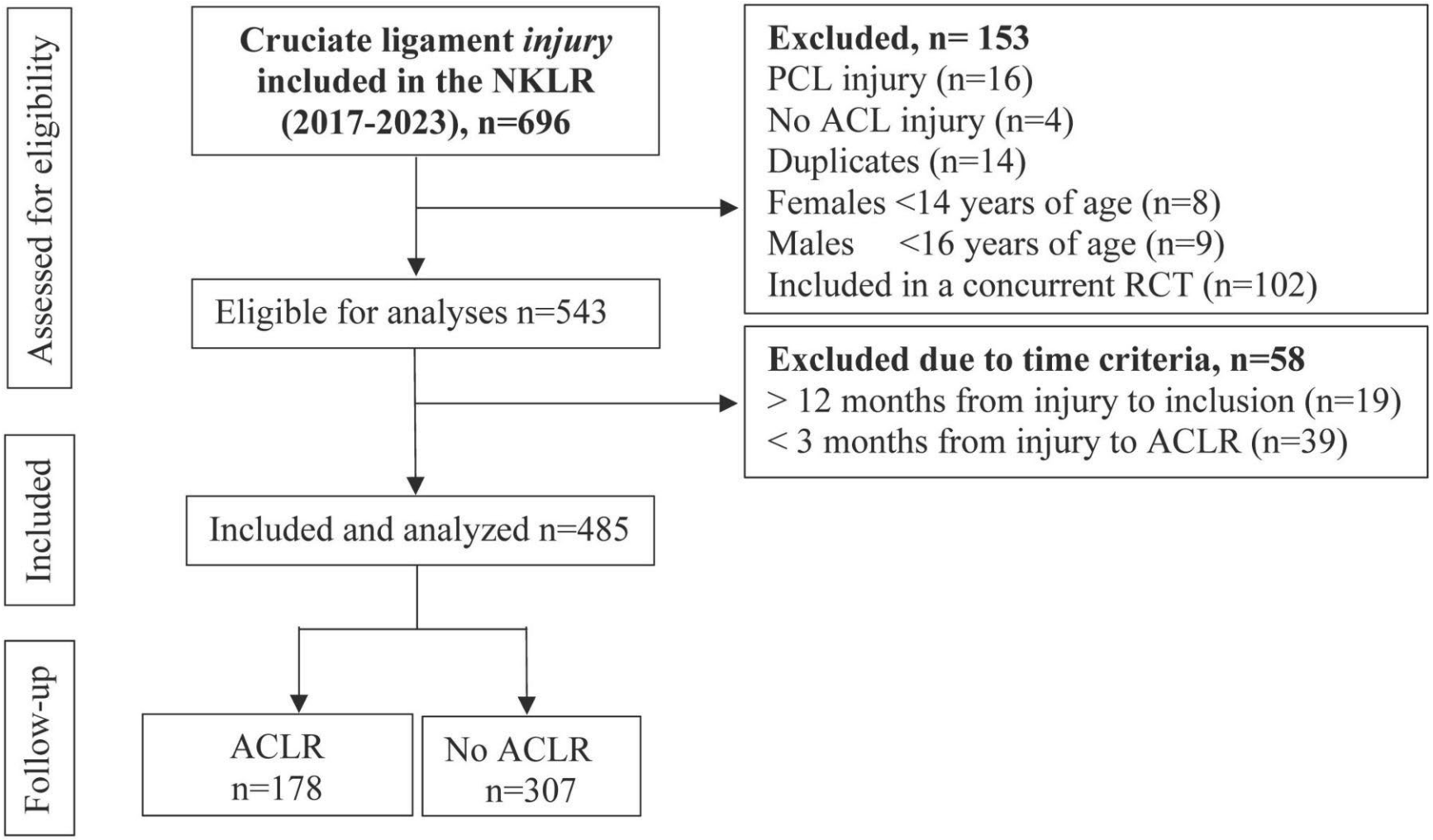
RCTs cannot fully answer these questions

- External validity
- Selection bias - patients who prefer non-operative treatment are typically not included

Amendment - Norwegian Knee Ligament Register (NKLR)

- Prospective **register-study**
  - clinical outcomes after non-operative treatment
- Application to the Norwegian Data Protection Authority
  - to allow for inclusion of non-operated patients in NKLR
- Developed an electronic form for non-operated patients
- Inclusion time 2017–2023
  - 2 years follow-up

Flow diagram over the study selection procedure



BJSM

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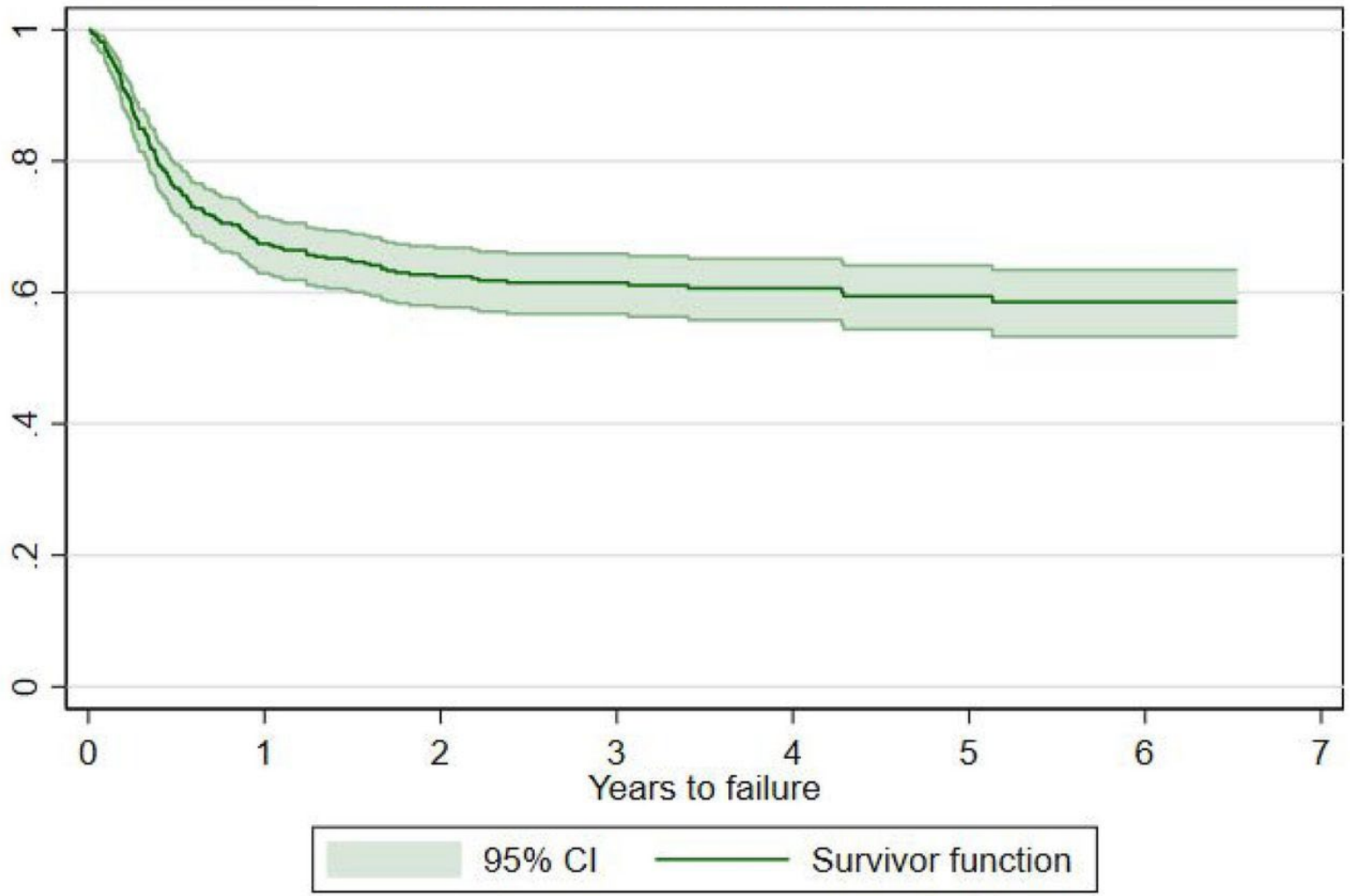
Patient characteristics

- 485 patients who opted for non-operative treatment
- 274 females (56%)
- Mean age 35 years
  - 25% younger than 25 years
- Activity at injury
  - alpine skiing 29%
  - soccer 24%

Activity level preinjury	
Level 1 (highly pivoting eg, soccer)	174 (36)
Level 2 (less pivoting eg, alpine skiing)	126 (26)
Level 3 (non-pivoting eg, running)	152 (31)
Level 4 (low activity level)	32 (7)

Kaplan-Meier survival curve for non-operative treatment



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- 63% remained non-operated at 2 years

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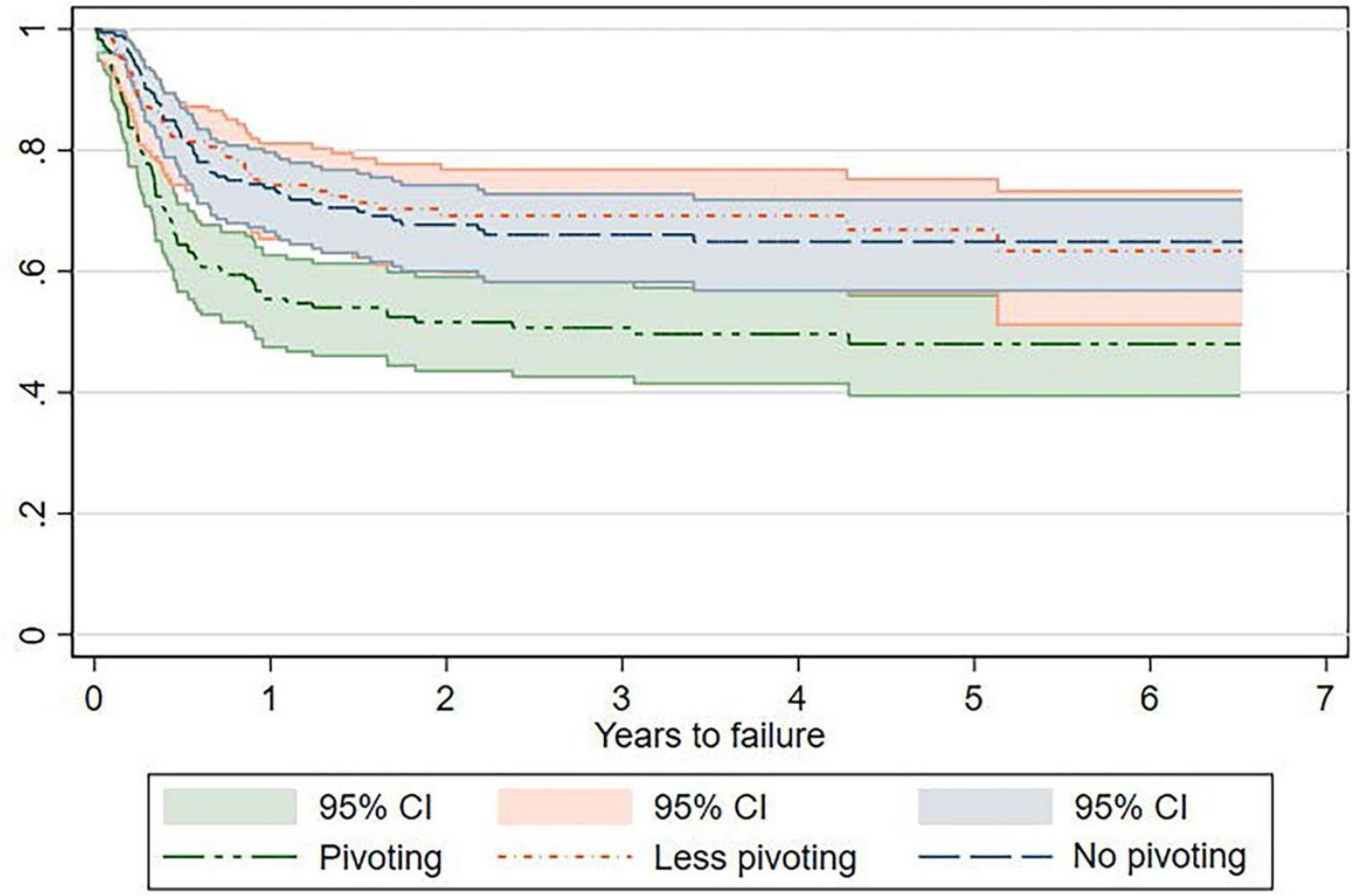
Kaplan-Meier survival curve for non-operative treatment



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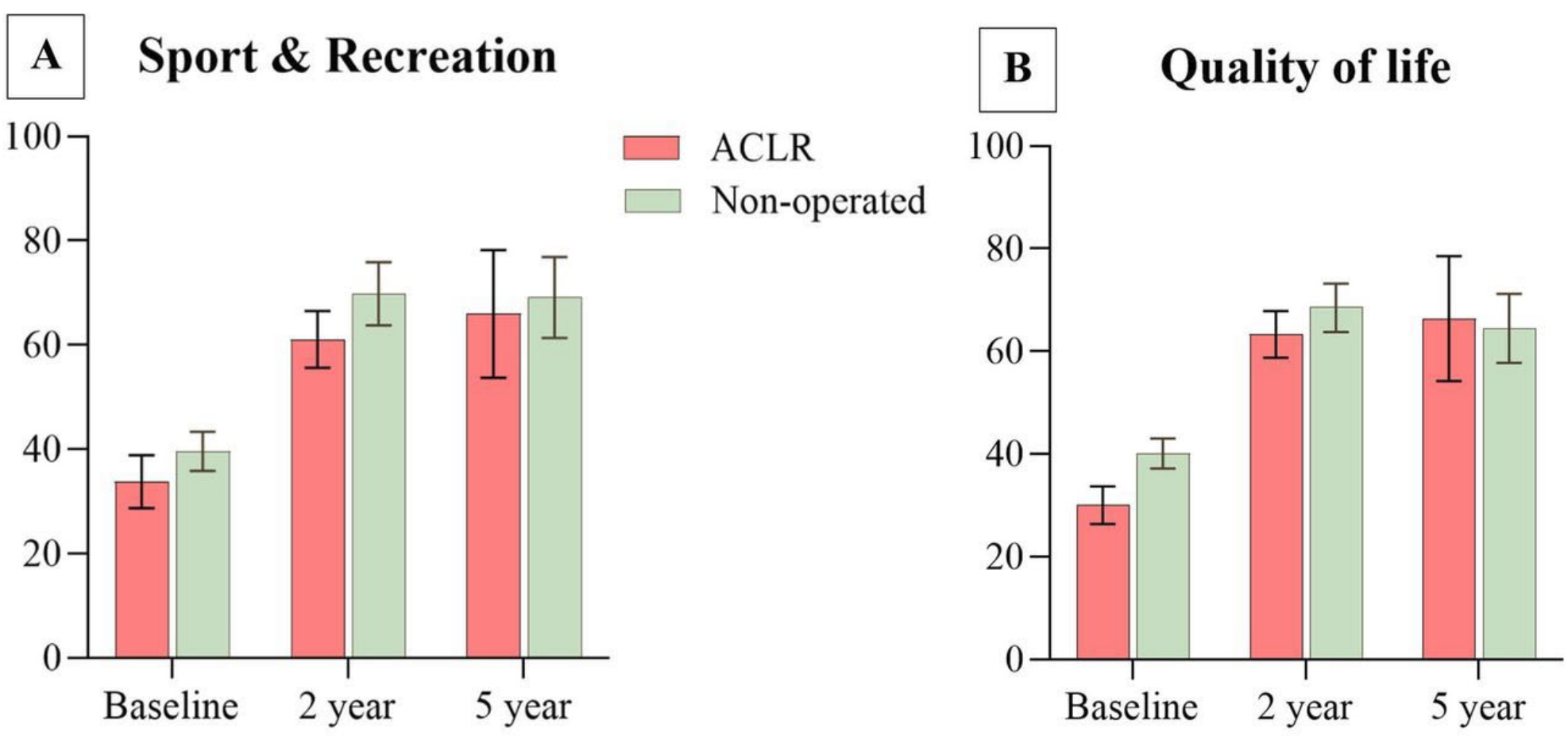
Patient-reported outcomes measured by KOOS



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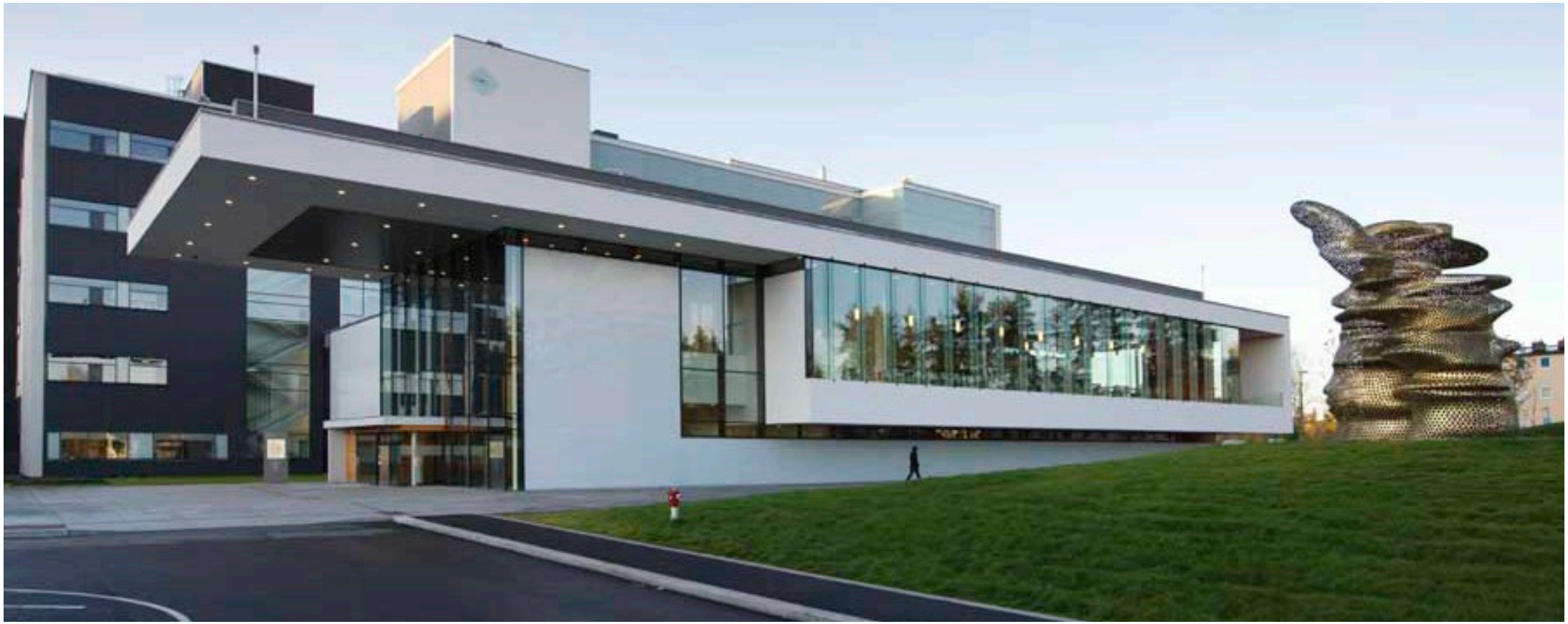
Conclusion

- Non-operated patients are older
  - a higher rate are female
  - 1/3 of patients participated in pivoting sports prior to injury
- In general, 2/3 patients were still non-operated after 2 years
  - 1/2 of the patients participating in high pivoting sports prior to injury ended up being ACL-R
- Meniscal injury at baseline, being younger than 25 years old, and participating in pivoting activity had higher odds of ACL-R

Thank you!



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