

**Poster #102: Return to Sport Rates and Psychological Readiness in Patients Undergoing Bilateral versus Unilateral ACL Reconstructions**

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# Return to Sport Rates and Psychological Readiness in Patients Undergoing Bilateral versus Unilateral ACL Reconstructions

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## Background

- Physical and psychological readiness for return to sport (RTS) has been extensively studied for primary ACL reconstructions (ACLR)
- Approximately 12% of patients who undergo primary ACLR sustain a contralateral ACL injury within five years, yet few studies have investigated RTS in this cohort

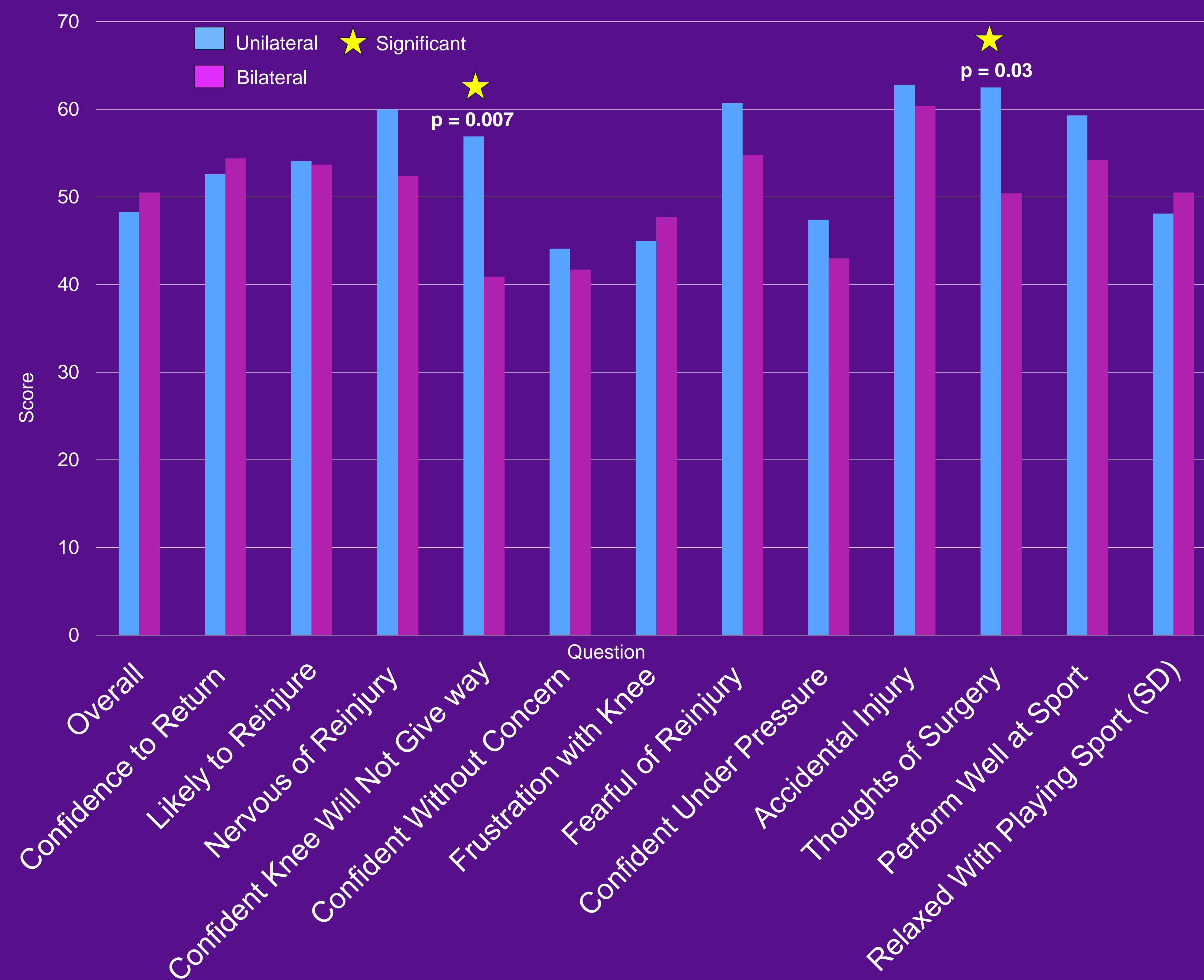
## Purpose

- Compare RTS rates, level of return, psychological readiness to RTS and time to return between patients with unilateral vs bilateral ACLR

## Methods

- Retrospective study
- Inclusion criteria
  - ≥18 years of age
  - Minimum 2-year follow-up
  - January 2012 - May 2020
- Exclusion criteria
  - Concomitant ligament repairs/reconstruction, osteotomy, cartilage procedure, revision ACLR
  - Incomplete PROs
  - No sport prior to first surgery
- Outcomes Measured
  - RTS rate
  - Level of Return
  - Psychological readiness measured by ACL Return to Sport after Injury (ACL-RSI) Score
  - Time to Return
- Outcomes stratified by sex, age, BMI and graft type

## Unilateral vs. Bilateral ACL-RSI Score by Question



## Bilateral ACL-RSI by Demographics and Graft Type



## Results

- 176 patients: 132 unilateral ACLR, 44 bilateral ACLR
- Bilateral ACL had a 12% lower rate of RTS (unilateral 78% vs bilateral 66%, p=0.16)
- Bilateral ACL had an 8% higher return to preinjury level of RTS (unilateral 61% vs bilateral 69%, p=0.21)
- Overall, bilateral ACL had a 6% higher psychological readiness to RTS (unilateral 48% vs bilateral 51%, p=0.66)
- Bilateral ACL RTS 15% sooner (unilateral 41 ± 29 weeks vs bilateral: 35 ± 24 weeks, p=0.31)
- Males and patients < 30 years old had significantly higher bilateral ACL-RSI scores when compared to females and patients ≥ 30 years old respectively

## Conclusion

- There are no significant differences in RTS rates, level of return, psychological readiness to RTS and time to return in patients undergoing unilateral vs bilateral ACLR
- Males and patients < 30 years old have significantly higher bilateral ACL-RSI scores