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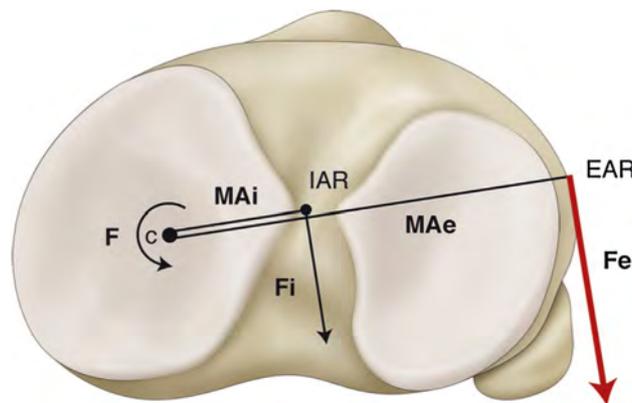
What is the Anterolateral Ligament Reconstruction (ALR) of the Knee?

ALR is a procedure to control rotational instability (pivot shift) of the knee that may not be completely controlled by conventional Anterior Cruciate Ligament Reconstruction (ACLR).

Certain patients are considered high risk for persisting instability and/or re-injury after ACLR. These include patients participating in high-intensity pivot sports (such as AFL, netball, soccer), have a high-grade pivot shift (as assessed by your surgeon) or who have a failed ACL reconstruction. Other patients who may benefit include those with hyperlaxity, young patients and those who have had significant medial meniscus injury/resection.

ALR added to ACLR reduces the rate of ACL re-injury and secondary meniscus damage.

The typical graft choice is gracilis tendon or part of the iliotibial band.



Biomechanical advantage of an anterolateral reconstruction. After an ACL tear, the knee's center of rotation (c) is shifted medially; ALR (Fe - red arrow) located away from the center of rotation has a larger mechanical effect due to its moment arm (MAe) than reconstruction at the center of the joint (Fi - black arrow).

