

## **All-inside ACL Reconstruction: Short Femoral and Tibial Socket Technique**

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This video discusses the case presentation of a 26-year-old woman with left knee pain and instability. The patient was skiing and fell in the wet snow. The patient's knee swelled up immediately. At the time of presentation, the patient had a type 2B Lachman test and clunk on the pivot-shift test. MRI confirmed an anterior cruciate ligament tear and a lateral tibial plateau bone bruise. All-inside anterior cruciate ligament reconstruction was selected because the technique involves short femoral and tibial sockets, which may positively affect graft maturation; results in less motion of the grafts in the tunnel; involves less bone tunnel widening; and is less invasive and results in fewer changes to the environment at the tendon-bone interface. The all-inside technique is an advantageous reconstruction technique that may preserve the gracilis muscle and decrease muscle strength loss of the affected limbs. In addition, the all-inside technique can be used to preserve bone mass and maintain the integrity of the cortical bone. Preservation of the periosteum may help reduce pain postoperatively. Another advantage of the all-inside technique is that circumferential filling of the socket with the graft may increase bone-to-graft contact compared with interference screws.