

Combined Anterior Cruciate Ligament and Anterolateral Ligament Reconstruction Using the Rectus Femoris Tendon Graft: Surgical Technique

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We demonstrate a surgical technique for the combined anterior cruciate ligament (ACL) and anterolateral ligament (ALL) reconstruction using the rectus femoris tendon graft. Anatomic reconstruction is accomplished with outside-in femoral tunnel drilling. The femoral drill guide aims intra-articular at the femoral footprint of the ACL and extra-articular at the femoral ALL insertion. This surgical technique does not need any special instruments and consists of three bone tunnels. The long length and customized rectus femoris tendon graft is harvest in a minimally invasive manner and allows an accessible and low-cost reconstruction of both ligaments.