

Combined Anterior Cruciate Ligament and AnteroLateral Ligament Reconstruction Using Rectus Femoris Tendon Autograft

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This paper presents an anatomical insight and surgical technique to address both ACL and ALL reconstruction, using the superficial layer of the quadriceps tendon graft. This technique offers several advantages, including no need for allograft, low donor site morbidity, predictable graft size and length, and the absence of any need for specific instruments.