

SURGICAL VERSUS CONSERVATIVE INTERVENTIONS FOR ANTERIOR CRUCIATE LIGAMENT RUPTURES IN ADULTS

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ABSTRACT

Background

Anterior cruciate ligament rupture is a common knee injury. Surgical treatment, usually involving reconstruction of the ligament, is widely used especially in active individuals.

Objective

Evaluation of the effect of surgical treatment compared with conservative treatment of anterior cruciate ligament (ACL) rupture.

Criteria for considering studies for this review

We searched the Cochrane Bone, Joint and Muscle Trauma Group Specialised Register (January 2005), the Cochrane Central Register of Controlled Trials (The Cochrane Library Issue 1, 2005), MEDLINE (1966 to January Week 3 2005), EMBASE (1988 to 2005 Week 05), MEDIC (1978 to January 1999), Current Contents (9.2.1998 to 1.2.1999), BIOSIS (1970 to December 1998), reference lists of articles and consulted trialists and experts.

Selection criteria

All randomised and quasi-randomised trials that compared surgical with conservative treatment of ACL rupture in adults.

Data collection and analysis

Two authors independently performed study selection, data extraction and quality assessment.

Main results

Two poor quality randomised trials conducted in the early 1980s were included in the review. The two trials differed considerably and no data pooling was done for the few shared outcome measures.

Authors' conclusions

There is insufficient evidence from randomised trials to determine whether surgery or conservative management was best for ACL injury in the 1980s, and no evidence to inform current practice. Good quality randomised trials are required to remedy this situation.
