Abstracts

191  ISOKINETIC DEFICITS AT 6 MONTHS AFTER ACL RECONSTRUCTION INFLUENCE THE RATE OF REINJURIES AND ACTIVITY LEVEL

1,2 Renato Andrade, 1 José Dias, 1 Cátia Cardoso, 2 Cristina Valente, 1,2,3 Rogério Pereira, 1,2,5,6,7 Alexandre Rebelo-Marques, 8 Tiago Proença, 6 Pedro Lamas, 12,11 Nuno Cordeiro, 9 Alcindo Silva, 1,2,10,11 João Espregueira-Mendes. Clínica do Dragão, Espregueira-Mendes Sports Centre – FIFA Medical Centre of Excellence, Porto, Portugal; 2 Dom Henrique Research Centre, Porto, Portugal; 3 Faculty of Sports, University of Porto, Porto, Portugal; 4 Escola Superior de Saúde, Universidade Fernando Pessoa, Porto, Portugal; 5 Faculty of Medicine, University of Coimbra, Coimbra, Portugal; 6 Clinical Academic Center of Coimbra, Coimbra, Portugal; 7 Coimbra Institute for Clinical and Biomedical Research (ICBR), Faculty of Medicine, University of Coimbra, Coimbra, Portugal; 8 Fisioacústica – Centro Isocinético, Porto, Portugal; 9 Hospital do Luz – Arrábida, Vila Nova de Gaia, Portugal; 10 ICVS/3B Government Associate Laboratory, Braga/Guimarães, Portugal; 11 Escola de Medicina, Universidade do Minho, Braga, Portugal; 12 Instituto Politécnico de Castelo Branco, Castelo Branco, Portugal; 13 AGE.COMM, Castelo Branco, Portugal

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Background Recent evidence suggests that athletes may not be prepared to return to sport at 6 months following an anterior cruciate ligament (ACL) reconstruction.

Objectives Identify knee isokinetic neuromuscular deficits at 6 months after ACL reconstruction and assess if deficits impact on the rate of new knee injuries and level of activity.

Design Retrospective study.

Setting Recreational and competitive athletes.

Patients (or Participants) Fifty-eight patients (27.1±7.1 years old; 79% male) that underwent ACL reconstruction (62% meniscus, 38% bone-patellar-tendon-bone grafts) and that prepared to return to sport at 6 months following an anterior cruciate ligament (ACL) reconstruction.

Interventions (or Assessment of Risk Factors) Knee isokinetic assessment at 6 months, 6 and 8 Con/Con repetitions, performed the knee isokinetic testing at 6 months.

Main Outcomes Measurements Rate of new knee injuries and level of activity.

Results Fifty-two participants (90%) had bilateral deficits at 60°/s and 180°/s, respectively. Unilateral abnormalities were present on 16% of participants. Bilateral deficits seem to influence the rate of new knee injuries and Tegner activity level.

Conclusions Adequate neuromuscular control of the knee could be one element to prevent secondary injuries after an anterior cruciate ligament (ACL) injury. However, it is unclear which measurements should be used to assess neuromuscular control of the knee for a safe return to sports (RTS).

Objective To summarize assessments for neuromuscular control after an ACL injury to decide upon a safe RTS.

Design Systematic literature review, registered in PROSPERO (CRD42019122188).

Setting MEDLINE, EMBASE, CINAHL, Cochrane Library, SPORTDiscus, PEDro, and Web of Science were searched from inception to March 2019 and updated in November 2020. Risk of bias was assessed with a modified Downs & Black checklist.

Patients (or Participants) Male or female adults after an ACL injury, either treated surgically or conservatively. Time from injury until the assessment should be at least six months and the participants should have medical clearance for RTS.

Interventions (or Assessment of Risk Factors) Assessments for neuromuscular control in ACL-injured adults compared to the contralateral limb or healthy controls during dynamic activities.

Main Outcome Measurements Outcome measures describing neuromuscular control of lower limb muscles in domains of time, amplitude or activity related to electromyography (EMG).

Results From initially 1388 hits, a total of 38 mainly cross-sectional, case-controlled studies were included for qualitative analysis. Most studies provided surface EMG outcomes of thigh muscles during jumping, running or squatting. Outcomes measures described neuromuscular control of the knee in domains of time, amplitude or activity. Risk of bias was medium to high due to an unclear description of participants and prior interventions, confounding factors and incompletely reported results.

Conclusions Despite a wide range of EMG outcome measures for neuromuscular control, none was used to decide upon a safe RTS. Additional studies are needed to assess neuromuscular control in adult ACL patients to prevent secondary injuries.

193  RISK FACTORS FOR CONTRA-LATERAL SECONDARY ANTERIOR CRUCIATE LIGAMENT INJURY: A SYSTEMATIC REVIEW WITH META-ANALYSIS

13 Anna Cronström, 1 Tengman Eva, 1 K Häger Charlotte. 1 Department of Community Medicine and Rehabilitation, Umeå University, Umeå, Sweden; 2 Department of Health Sciences, Lund University, Lund, Sweden

Background There is limited knowledge about which risk factors that contribute to the high numbers of contra-lateral anterior cruciate ligament (C-ACL) injury after primary ACL injury.

Objectives To systematically review intrinsic risk factors for sustaining a C-ACL injury.

Design A systematic review with meta-analysis according to the PRISMA guidelines. Four databases (MEDLINE, CINAHL, EMBASE, Sport Discus) were searched from inception to January 2020. Meta-analyses were performed and expressed as odds ratios (OR).

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