Preparing for your BTB ACL Reconstruction

About the Procedure:
- ACL Reconstruction using Bone-Tendon-Bone Autograft (BTB):
  - We harvest the middle 1/3 of your patella tendon, which creates the new ACL graft
  - This graft will be fixed with a bioabsorbable tibial screw and a metal femoral button (as shown in picture)
  - Anesthesia will be a local block with sedation. This means you will be asleep for the entire case and your leg will be asleep for a few hours after surgery.
  - Surgery is anticipated to take about 2 hours. Expect to be at the Tully Surgical Center for a total of 6-8 hours for pre-op and recovery. You will need a ride home.

What to Expect After Surgery:
- You will use your ACL brace and crutches for about 4-6 weeks
- Day 0-2: rest, ice, elevation, pain control, ROM 0-90
- Day 2-14: begin PT at Day 2-3
  - Day 10-14 = 1st post-op visit for suture removal
- Weeks 2-6: PT for ROM and quad activation
  - Week 6 = 2nd post-op appt to transition out of brace
- Weeks 6-14: PT continue strength and leg control
  - Week 12: 3rd post-op appt to possibly clear to run
- Months 3-6: transition PT to home exercises, goal to run pain free
  - Month 6 post-op: 4th post-op to advance agility
- Months 6-9: achieve full strength/flexibility, advance plyometrics
- Months 9-12: clearance for return to sport
(These are our generic guidelines. Each plan will be individualized per patient)

About Dr. Karen Sutton, MD
- Dr. Sutton is a board-certified sports medicine surgeon and Associate Attending at Hospital for Special Surgery. She has extensive expertise in ACL reconstruction. A few of her published articles are listed below:
- Head Team Physician for US Women’s Lacrosse Team
- Team Physician for the US Ski & Snowboard Team
- During her fellowship at Massachusetts General Hospital/Harvard School of Medicine, she assisted in orthopedic care of the Boston Red Sox and the Boston Bruins

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