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“Number One Overall Graft Pick? Hamstrings versus Bone-Patellar-Tendon-Bone versus Quadriceps Tendon Graft for ACL Reconstruction: A Prospective Cohort Study”

Anterior cruciate ligament (ACL) reconstruction is a commonly accepted and proven treatment for individuals participating in high-risk sport or activities. However, despite its success, not all individuals are able to return to their previous level of competition or activity. There is controversy over what is the best graft to use, and rerupture rates can be higher in young female athletes. Our research is designed to determine what graft will provide the lowest risk of re-injury, as well as the highest level of functional performance so that individuals can return to the activities they enjoyed prior to injury.