Oral Communication

OC-1001

Early Rehabilitation and Return to Sport after Anterior Cruciate Ligament Reconstruction in 100 Patients Followed at the National Institute of Youth and Sports (INJS) in Côte d'Ivoire

Topic: Health Conditions (Nervous System, Musculoskeletal System, Cardiopulmonary System)

Yaya Kamissoko, K.B. Manou, J. Kouakou, S. Yao Kan, K.E. Konan, B. Nandjui, M.L. Cisse

Université d'Anatomie - Cote d'ivoire, Côte d'Ivoire

BACKGROUND

The aim of this study was to determine the epidemiological, clinical, surgical and rehabilitation characteristics of patients and their return-to-sport outcomes.

METHODS

We conducted a retrospective study of 100 athletes who underwent anterior cruciate ligament (ACL) reconstruction and received rehabilitation at the Sports Medicine Center of the National Institute of Youth and Sports (INJS) in Abidjan, from 1 January 2022 to 31 December 2024.

RESULTS

The annual incidence was 50 cases. The mean age was 25.18 years, ranging from 17 to 40 years. Men predominated (86% men versus 14% women), with a male-to-female ratio of 6.14. Most patients were football players (66%) and professional athletes (86%). All patients received an autograft using the Kenneth Jones (KJ) technique. Intraoperatively, 73% had no associated lesions, and 70% experienced no immediate postoperative complications. All patients underwent rehabilitation, but 53% did not start until postoperative day 15. Regarding return to sport, 81% resumed sporting activity, 80% of whom did so within 12 months. Among those who returned, 51% regained their previous sporting level.

Statement of Disclosures

None

Doi: 10.5606/archisprm.2026.OC-1001

Corresponding Author:
Yaya Kamissoko
Université d'Anatomie - Cote d'ivoire, Côte d'Ivoire
Email: kamissoko_yaya@yahoo.fr