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Q&A: What's the Best Graft Choice for ACL Reconstruction? How Quad Tendon Autografts Fit Into This Surgeon's Practice

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Anterior cruciate ligament (ACL) reconstruction restores knee stability and ligament strength after one of the most common knee injuries. The procedure replaces a torn ACL, which connects the femur to the tibia, with a tendon graft.

Historically, orthopaedic surgeons harvest autografts from the patellar or hamstring tendons. Long-term outcomes, however, report issues ranging from postoperative knee pain to donor tendon rupture to graft laxity.¹

In recent years, a third autograft option has surfaced: the quadriceps tendon (QT). While they're still the least used, QT grafts have grown in popularity as researchers and surgeons realize some advantages. The optimal graft choice remains in question, though, and often depends on patient characteristics and surgeon preference.



Patrick S. Buckley, MD

Seeking an expert opinion, we consulted a double board-certified and fellowship-trained orthopaedic surgeon and sports medicine specialist. With advanced training in knee, shoulder, and hip injuries, [Patrick S. Buckley, MD](#), practices at [University Orthopaedic Associates](#) (UOA), an affiliate of Robert Wood Johnson Barnabas Health.

But Dr. Buckley's role extends beyond the operating room. He also serves as a team physician for the U.S. Olympic Ski and Snowboard Team, two branches of the Premier Lacrosse League, and Neptune High School athletics in New Jersey.

Watch the video below to hear Dr. Buckley discuss QT:



About University Orthopaedic Associates

University Orthopaedic Associates (UOA) is an affiliate of Robert Wood Johnson Barnabas Health. As New Jersey's leading orthopaedic practice, UOA is dedicated to providing the most current, highest quality, personalized healthcare services available. The group is committed to the pursuit of excellence in orthopaedic treatment, medical education and training, clinical and bench research, and the promotion of community health.

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