




Meniscal repair using an all-inside (AI) technique with FAST-FIX[®] Meniscal Repair System, with concomitant anterior cruciate ligament (ACL) reconstruction demonstrates high success rate at 10-years post-operatively

Wright RW, Huston LJ, Haas AK. Ten-year outcomes of second generation, all-inside meniscal repair in the setting of ACL reconstruction. *JBJS*. 2023;105:908–914.

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Key points


Following meniscal repair, using an AI technique with FAST-FIX Meniscal Repair System, with concomitant ACL reconstruction demonstrated:



Successful repair
in 84–88% of patients



Significant improvement in IKDC score, compared with pre-operative levels



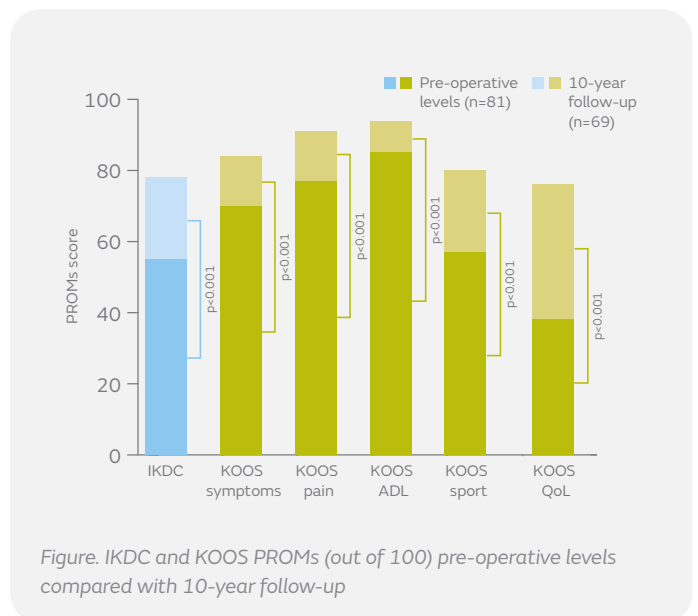
Significant improvement in KOOS outcomes, compared with pre-operative levels

Overview

- A single site, single surgeon, retrospective review of patients (n=81) who underwent meniscal repair using the AI technique with FAST-FIX Meniscal Repair System, with concomitant ACL reconstruction
- Medial (n=59) and lateral (n=22) bucket handle or vertical longitudinal meniscal tears, in the red-red or red-white vascular region
 - Radial tears were excluded from the study
- Success defined as no further surgical intervention in the meniscus and failure defined as surgical intervention; resection or revision
- Patient-reported outcome measures (PROMs) were assessed with Knee injury and Osteoarthritis Outcome Score (KOOS), International Knee Documentation Committee (IKDC) score, and Marx Activity Rating Scale (MARS) pre-operatively and at 10-year follow-up
- Mean duration of follow-up was 10.5 years (±0.4 years)

Results

- Meniscal repair using an AI technique with FAST-FIX Meniscal Repair System, with concomitant ACL reconstruction, reported an 84–88% success rate at 10-years follow-up post-operatively
 - Success rate unaffected by age, sex, body mass index or ACL graft choice
- At 10-years follow-up post-operatively, PROMs KOOS and IKDC scores were significantly improved compared with pre-operative levels (p<0.001; Figure)
 - All KOOS outcomes: symptoms, pain, activities of daily living (ADL), sport and recreation, and quality of life (QoL) improved significantly (p<0.001; Figure)
- MARS was significantly lower compared with pre-operative levels (p<0.001)
- Overall meniscal failure rate of 13% (n=9)
 - Medial repairs failed significantly earlier (n=6; mean 2.8 years) than lateral repairs (n=3; mean 5.8 years; p=0.002)



Conclusions

All-inside meniscal repair using FAST-FIX Meniscal Repair Systems, with concomitant ACL reconstruction, at 10-year follow-up demonstrated a high success rate and significantly improved patient-reported outcome measures, compared to pre-operative levels.

For detailed product information, including indications for use, contraindications, precautions and warnings, please consult the product's applicable Instructions for Use (IFU) prior to use.