

# Returning To Action After ACL Surgery



Soccer can be a punishing sport. A coach of young Olympic hopefuls and elite players ages 11 through 18, Gerry McKeown knows from personal experience that an athletic career can end quickly with a knee injury. And as the Call Center Manager at the New Jersey Organ and Tissue Sharing Network, he also has a professional view of how donated tissue helps people recover from the kind of injuries he suffered during a soccer career that included both NCAA Division I and professional competition.

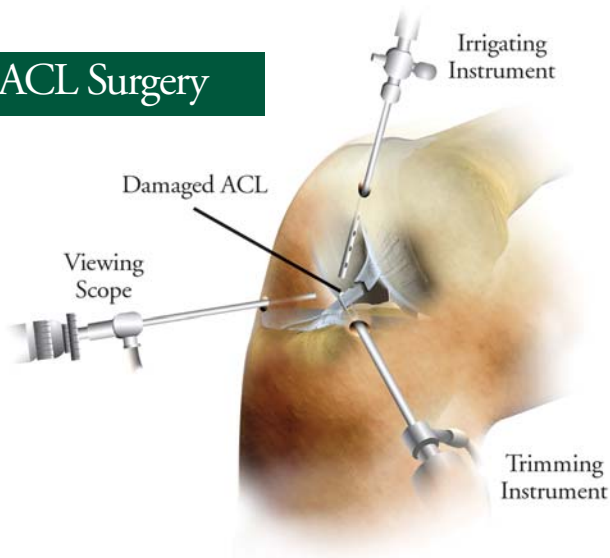
After years of high-level soccer, often on surfaces unfriendly to knees, Gerry suffered a torn anterior cruciate ligament that effectively sidelined him. Missing the action and excitement of the game, he decided that surgery was worth a try. His orthopedist performed a bone-tendon-bone graft using a donated patellar tendon. He was out of the hospital in two days. Eight months later, his knee rehabilitated, Gerry was back on the field.

When he suffered the same injury in his right knee, he had no reluctance about surgery but was surprised with changes to the procedure in the years since his first operation. Instead of a two-day hospital stay, it was same-day surgery. One thing had remained the same, though: donor tissue again made the procedure possible. After six months of aggressive rehabilitation, he was back in action.

Today Gerry plays in a senior program, but most of his energy, as well as skill, knowledge and experience, go toward helping young soccer talent develop their game—and protect their knees.

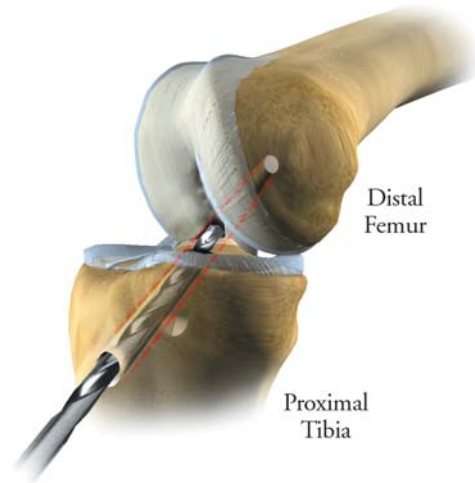
*While Gerry has coached many U.S. National team players, his son Kieran remains his favorite prospect.*

## ACL Surgery



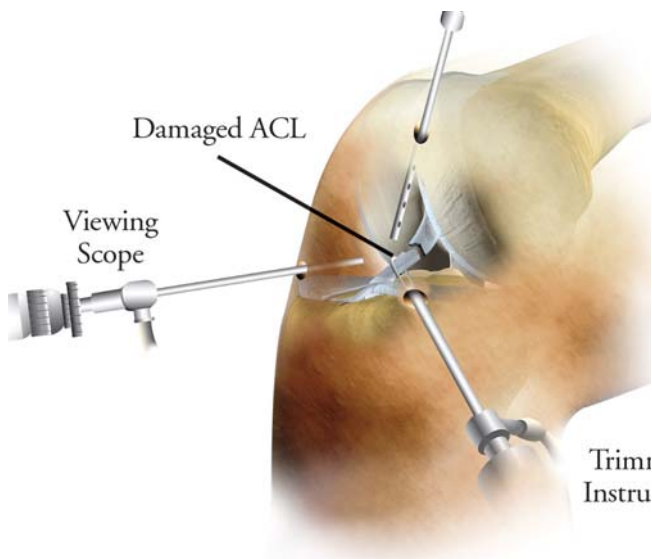
### Arthroscopic Instrument Placement for ACL Transplant

Several small punctures are made into the knee joint for placement of the arthroscopic instruments and the patient's damaged ACL is removed.



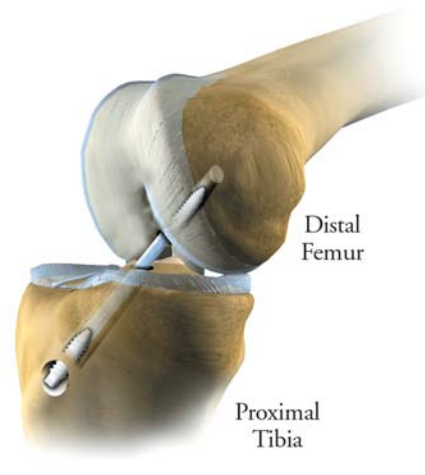
### Drill Hole Placement for ACL Transplant

Drill holes are placed in the proximal tibia and distal femur usually at the attachment sites of the original ligament.



### BTB Preparation for ACL Transplant

A section of donated patellar bone, patellar tendon, and proximal tibia are used to prepare a bone-tendon-bone (BTB) allograft used in transplant. Since this type of allograft is in such high demand, often the "BTB" is made into two separate allografts for two patients and these grafts are sometimes referred to as "hemi-patellar tendon" grafts.



### BTB Placement for ACL Transplant

A bone-tendon-bone (BTB) allograft using a donated patellar tendon is pulled through the drill holes and the allograft is secured with either metallic or bioabsorbable screws.

**MTF** Musculoskeletal  
Transplant  
Foundation

*Changing Lives*  
Through Tissue Donation

125 May Street • Edison, NJ 08837 • 1-800-946-9008 • [www.mtf.org](http://www.mtf.org)

The Musculoskeletal Transplant Foundation is a non-profit service organization founded by surgeons to provide quality tissue for allograft transplantation. MTF is AATB accredited and committed to excellence in education, research, recovery and care for recipients, donors and their families. As the world's largest tissue bank, MTF has provided over 2 million grafts since its founding in 1987.