

Dr. Christopher LaPrade's Research Efforts

Dr. Christopher LaPrade is actively engaged in both clinical and biomechanical research intended to further the understanding of sports medicine and ultimately improve patient outcomes. [Click here](#) to see Dr. LaPrade's research projects, currently totaling over 85 peer-reviewed original research projects/book chapters and over 30 presentations at national meetings or conferences. He also reviews for numerous peer-reviewed manuscripts, including the American Journal of Sports Medicine (AJSM); Arthroscopy: The Journal of Arthroscopy or Related Surgery (Arthroscopy); Journal of Biomechanics; Journal of International Society of Arthroscopy, Knee Surgery, and Orthopaedic Sports Medicine (JISAKOS); and the Journal of Shoulder and Elbow Surgery (JSES). He is also a part of the Editorial Review Board for Arthroscopy, and a member of the American Orthopaedic Society for Sports Medicine (AOSSM) Research Committee.

The studies below are intended to highlight particular research areas of interest related to common conditions that Dr. LaPrade treats, including meniscus tears (ramp, root, and radial tears), ACL tears, PCL tears, and the Latarjet procedure. We have also included review articles/book chapters focused on education of specific topics. Dr. LaPrade strives to ensure that all of his treatment recommendations, whether operative or non-operative, are based on the latest high-quality evidence, and these articles can help inform patients with research that all has been reviewed by other orthopaedic surgeons.

Review Articles/Miscellaneous

These review articles are written by Dr. LaPrade and his team on specific topics and conditions that are commonly treated by Dr. LaPrade. These can help to provide evidence-based background information on the anatomy, biomechanics, and treatment options for various conditions. There are also PDFs of prior presentations Dr. LaPrade has given for commonly treated conditions of patellofemoral instability and posterior shoulder instability.

- [ACL and Posterolateral Corner Surgical Management Review](#)
- [Advanced Stats MLB](#)
- [Anterolateral Knee Anatomy and Biomechanics review](#)
- [Lateral Knee Anatomy and Biomechanics Review](#)
- [Meniscus Ramp, Root, and Radial Tears Review](#)
- [Patellofemoral Anatomy Book Chapter](#)
- [PCL Injury Review](#)
- [Pediatric ACL Tear Review](#)
- [Posteromedial Corner Reconstruction Book Chapter](#)
- Reykjavik Arthritis Bracing Expert Consensus Study – coming soon
- [Patellofemoral Instability](#)
- [Posterior Shoulder Instability](#)
- [Tibial Spine Technique](#)

ACL

These studies are from Dr. LaPrade and his team regarding anterior cruciate ligament (ACL) tears and treatment, including the impact of increased tibial slope, physical therapy and bracing considerations after ACL reconstruction, other common injuries seen with ACL tears, and options for prior failed ACL reconstructions.

There are also PDFs on prior presentations Dr. LaPrade has given on the common injuries often seen during ACL reconstructions, as well as how to work up a revision ACL after a failed prior ACL reconstruction.

- [ACL Tear with Ramp and Root Tears Technique Article](#)
- [ACL and Meniscus Tears Norwegian Registry](#)
- [ACL and Posterolateral Corner Surgical Management Review](#)
- [Blood Flow Restriction Training after ACL](#)
- [Impact of LET/ALL Reconstruction on Physical Therapy](#)
- [Pediatric ACL Tear Review](#)
- [Ramp Prevalence and Risk Factors in ACL Tears](#)
- [Posterior Tibial Slope and ACL Graft Maturation Editorial](#)
- [Posterior Tibial Slope and ACL](#)
- [Slope Reducing Osteotomy for Failed ACL Reconstruction](#)
- [Roots, Ramps, Anterolateral Complex in ACL Injuries Presentation](#)
- [Revision ACL Workup](#)

Latarjet Procedure

These studies are from Dr. LaPrade and his team regarding the Latarjet procedure for shoulder instability and evaluate the common fixation options of the procedure, as well as the changes in anatomy following the procedure. There is also a prior talk given by Dr. LaPrade for surgical options after a failed anterior shoulder arthroscopic stabilization procedure, which is one of the common indications for a Latarjet procedure.

- [Latarjet Screws vs Button Biomechanics](#)
- [Shoulder Anatomy After Latarjet Procedure](#)
- [Failed Anterior Shoulder Instability](#)

Meniscus Ramp Tears

These studies from Dr. LaPrade and his team focus on ramp tears of the medial meniscus, which are commonly seen in association with an ACL tear. These papers include technique articles on how to treat these tears, a new classification system on how to consistently diagnose and describe these injuries, evaluation of the risks factors for ramp tears, and a review describing current evidence for treating ramp tears. There is also a PDF on a presentation by Dr. LaPrade on common injuries with ACL reconstruction, including ramp tears.

- [ACL Tear with Ramp and Root Tears Technique Article](#)
- [Meniscus Ramp Tear Classification](#)
- [Meniscus Ramp, Root, and Radial Tears Review](#)
- [Meniscus Rehab Review](#)
- [Ramp Prevalence and Risk Factors in ACL Tears](#)
- [Roots, Ramps, Anterolateral Complex in ACL Injuries Presentation](#)

Meniscus Root Tears

These studies from Dr. LaPrade and his team focus on root tears of the meniscus. Root tears have been a focus of research for Dr. LaPrade for over 10 years and remain one of his passions. These studies including techniques of performing the repair, anatomy studies, multiple biomechanics studies on the impact of root tears and their repairs, MRI studies, a classification of how to consistently diagnose these tears, and a review of current evidence of treating these injuries.

There are also PDFs of presentations by Dr. LaPrade on root tears often seen with an ACL reconstruction, as well as the current evidence of medial meniscus root tears and extrusion.

- [ACL Tear with Ramp and Root Tears Technique Article](#)
- [Anterior Meniscus Root Anatomy](#)
- [International Consensus Statement on Treating Meniscus Root Tears – coming soon](#)
- [Lateral Meniscus Root Tear Biomechanics](#)
- [Meniscus Ramp, Root, and Radial Tears Review](#)
- [Meniscus Rehab Review](#)
- [Meniscus Root Repair Technique](#)
- [Meniscus Root Suture Fixation Biomechanics](#)
- [MRI Diagnosis of Meniscus Root Tears](#)
- [Nonanatomic Root Repair Biomechanics](#)
- [Reykjavik Meniscus Bracing Expert Consensus Study – coming soon](#)
- [Root Tear Classification](#)
- [Root Tear Review](#)
- [Root Repair Biomechanics Editorial](#)
- [Structural Properties of the Meniscal Roots](#)
- [Transtibial Root Repair Biomechanics](#)
- [Two Tunnel Meniscus Root Repair Biomechanics](#)
- [Medial Meniscus Root Tears/Extrusion Treatment](#)
- [Roots, Ramps, Anterolateral Complex in ACL Injuries Presentation](#)

Meniscus Radial Repairs

These studies from Dr. LaPrade and his team focus on radial tears of the meniscus. These tears are complex and can be difficult to treat, and the below studies include techniques for fixing these tears, biomechanical studies evaluating the tears, rehabilitation principles after radial repair, and a review describing current evidence for treating radial tears.

- [Meniscus Ramp, Root, and Radial Tears Review](#)
- [Meniscus Rehab Review](#)
- [Ripstop Lateral Meniscus Technique](#)
- [Transtibial Radial Repair Technique](#)
- [Transtibial Radial Repair Biomechanics](#)

PCL

These studies from Dr. LaPrade and his team focus on posterior cruciate ligament (PCL) tears. These studies include the impact of reaming the PCL reconstruction tunnel on the meniscus roots, a study utilizing the Norwegian database for treating PCL tears, and review describing current evidence for treating PCL tears.

- [PCL Tears Norwegian Registry](#)
- [PCL Injury Review](#)
- [PCL Tunnel Reaming and Impact on Meniscus Roots](#)
- [Reykjavik ACL and PCL Bracing Expert Consensus Study – coming soon](#)