

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### short term results of lateral extra articular tenodesis of the anterolateral ligament by harvesting from the hamstring tendon with modified lemaire method using the ITB fascia with out passing the graft under the lateral collateral ligament compared with classic methode in patients who underwent simultaneous reconstruction of the anterior cruciate ligament

#### Protocol summary

##### Study aim

short term results of lateral extra articular tenodesis of the anterolateral ligament by harvesting from the hamstring tendon with modified lemaire method using the ITB fascia with out passing the graft under the lateral collateral ligament compared with classic methode in patients who underwent simultaneous reconstruction of the anterior cruciate ligament

##### Design

Clinical trial, parallel groups, double-blind, randomized, on 100 patients. In order to randomize, the block randomization method will be used.

##### Settings and conduct

Patients requiring simultaneous reconstruction of the anterior cruciate ligament and anterior lateral ligament of the knee who refer to Firoozgar Hospital in Tehran will be included in the study. Patients will be randomly divided into 2 groups based on blocks of 10. Patients, responsible for data collection, analysis and outcome assessment will be blinded.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: patients requiring simultaneous reconstruction of the anterior cruciate ligament and anterior lateral ligament of the knee, The age range from 18 to 45 years. Exclusion criteria: Coagulation disorders, Neurological disorders.

##### Intervention groups

Intervention group 1: The reconstruction method of the anterior lateral ligament of the knee will be the modified Limer method. A flap 8 cm long and 1 cm wide is separated from the proximal part and then the free head of the ITB flap will be fixed with a screw without passing under the LCL, after passing through the canal, in about 40 degrees of knee flexion. Intervention group 2: After

performing ACL repair surgery, they will undergo ACL reconstruction using the classic Limer method. The free head of the ITB flap will be fixed with a screw by passing under the LCL, with the knee flexed at approximately 40 degrees.

##### Main outcome variables

Anterior Cruciate Ligament Rupture

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20230518058225N11**

Registration date: **2025-04-22, 1404/02/02**

Registration timing: **prospective**

Last update: **2025-04-22, 1404/02/02**

Update count: **0**

##### Registration date

2025-04-22, 1404/02/02

##### Registrant information

##### Name

Anahita Sadri

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 8670 2543

##### Email address

sadri.anahita@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

**Expected recruitment start date**

2025-05-10, 1404/02/20

**Expected recruitment end date**

2025-09-11, 1404/06/20

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

short term results of lateral extra articular tenodesis of the anterolateral ligament by harvesting from the hamstring tendon with modified lemaire method using the ITB fascia with out passing the graft under the lateral collateral ligament compared with classic methode in patients who underwent simultaneous reconstruction of the anterior cruciate ligament

**Public title**

short term results of lateral extra articular tenodesis of the anterolateral ligament by harvesting from the hamstring tendon with modified lemaire method using the ITB fascia with out passing the graft under the lateral collateral ligament compared with classic methode in patients who underwent simultaneous reconstruction of the anterior cruciate ligament

**Purpose**

Treatment

**Inclusion/Exclusion criteria****Inclusion criteria:**

All patients requiring simultaneous reconstruction of the anterior cruciate ligament and anterior lateral ligament of the knee. Age 18 to 45 years

**Exclusion criteria:**

Patients with other or multiple ligament injuries Patients who have suffered re-trauma to the same knee Patients who underwent surgery with the allograft technique

**Age**From **18 years** old to **45 years** old**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

- Participant
- Investigator
- Outcome assessor
- Data analyser

**Sample size**Target sample size: **100****Randomization (investigator's opinion)**

Randomized

**Randomization description**

Patients will be randomly divided into 2 groups. The randomization tool will randomize the table of numbers. Block randomization method will be used for randomization. Block randomization is for the purpose of making sure that exactly equal number of participants

enter the study groups. The advantages of block randomization are that the balance of the number of participants in each group is guaranteed. For this purpose, 10 blocks will be formed and in each block 5 people from intervention group and 5 people will be placed in the control group. A total of 10 blocks will be considered to reach the sample size. Blocks contain numbers, numbers represent study groups. Their order will be determined by the statistician from the beginning. In order to hide the random allocation, opaque envelopes sealed with a random sequence will be used. In this method, each of the generated random sequences will be recorded on a card and the cards will be placed in the envelopes in order. became. In order to maintain a random sequence, the outer surface of the envelopes is numbered in the same order. Finally, the lid of the letter envelopes is glued and placed in a box. At the time of registration of participants, based on the order of entry of qualified participants into the study, one of the envelopes will be opened in order and the assigned group of that participant will be revealed.

**Blinding (investigator's opinion)**

Double blinded

**Blinding description**

Patients will be aware that they will be randomly assigned to one of the two study groups, but will not know which method will be provided in that group. Patients will be assigned to one of two groups using a random number table. The person in charge of data collection, the analyst and the outcome evaluator will collect and analyze the information based on groups 1 and 2 and will not know the type of treatment in the groups and will be kept blind.

**Placebo**

Not used

**Assignment**

Parallel

**Other design features****Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Faculty of Medicine - Iran University of Medical Sciences (Research Ethics Committee)

**Street address**

Iran University of Medical Sciences, Hemmat Highway

**City**

Tehran

**Province**

Tehran

**Postal code**

1449614535

**Approval date**

2025-02-09, 1403/11/21

**Ethics committee reference number**

## Health conditions studied

### 1

#### Description of health condition studied

Anterior cruciate ligament tear of the knee

#### ICD-10 code

S83.7

#### ICD-10 code description

Injury to multiple structures of knee

## Primary outcomes

### 1

#### Description

Anterior Cruciate Ligament Rupture

#### Timepoint

Follow-up 14 days, 2 weeks, 6 weeks, 3 months and 6 months after surgery

#### Method of measurement

Physician's clinical examination and registration in the checklist

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group 1: The reconstruction method of the anterior lateral ligament of the knee will be the modified Limer method, in such a way that after creating the tibial and femoral canals, an autograft is inserted for ACL reconstruction. By accessing the ITB site and identifying the anatomical origin on the femur, a flap 8 cm long and 1 cm wide is separated from the proximal part and then, after creating a transfemoral tunnel in the aforementioned location, the free head of the ITB flap will be fixed with a screw without passing under the LCL, after passing through the canal, in about 40 degrees of knee flexion.

#### Category

Treatment - Other

### 2

#### Description

Intervention group 2: After performing ACL repair surgery, they will undergo ACL reconstruction using the classic Limer method. An 8 cm long and 1 cm wide flap is separated from the proximal part, and after creating a transfemoral tunnel at the aforementioned location, the free head of the ITB flap will be fixed with a screw by passing under the LCL, with the knee flexed at approximately 40 degrees.

#### Category

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Firouzgar hospital

##### Full name of responsible person

Farhood Abroosh

##### Street address

Beh Afarin Ave, Vali Asr Sq

##### City

Tehran

##### Province

Tehran

##### Postal code

1593747811

##### Phone

+98 21 8214 1600

##### Email

h\_firoozgar@yahoo.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Iran University of Medical Sciences

##### Full name of responsible person

Majid Safa

##### Street address

Iran University of Medical Sciences, Hemmat Highway

##### City

Tehran

##### Province

Tehran

##### Postal code

1449614535

##### Phone

+98 21 8670 2503

##### Email

research@iums.ac.ir

#### Grant name

#### Grant code / Reference number

#### Is the source of funding the same sponsor organization/entity?

Yes

#### Title of funding source

Iran University of Medical Sciences

#### Proportion provided by this source

100

#### Public or private sector

Public

#### Domestic or foreign origin

Domestic

#### Category of foreign source of funding

empty

#### Country of origin

#### Type of organization providing the funding

Academic

Email

dr.yazdi11@yahoo.com

## Person responsible for general inquiries

### Contact

**Name of organization / entity**

Iran University of Medical Sciences

**Full name of responsible person**

Farhood Abroosh

**Position**

Resident

**Latest degree**

Medical doctor

**Other areas of specialty/work**

Orthopedics

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## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

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**Full name of responsible person**

Hamid Reza Yazdi

**Position**

Professor

**Latest degree**

Specialist

**Other areas of specialty/work**

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## Person responsible for updating data

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**Full name of responsible person**

Farhood Abroosh

**Position**

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**Latest degree**

Medical doctor

**Other areas of specialty/work**

Orthopedics

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## Sharing plan

### Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

### Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

### Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

### Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

### Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

### Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

### Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available