**Recruitment to the Syn-VAR study – Short Patient Information Sheet**

***Background and Study Aims***

There are many ways to address the unstable knee cap. One such way is to operate, and there are different procedures that can be performed.

One method is to use your own hamstring tendons to restore the knee cap. An alternative is to use a synthetic mesh to restore stability.

Both methods have been successfully used, with good results. However, no study has been done to determine if one method is superior to the other.

The aim of the Syn-VAR study is to address this issue, and compare the short term results using both of these methods. With this information, we will be better informed of which method should be offered to patients in the future, and be able to provide information of what patients can expect from their surgery.

***What is involved from you as a participant?***

All that we ask is that you adhere to the structured rehab protocol that is used for both methods of repair, and attend your scheduled out patient appointments so that we can track your recovery. The out patient clinics will involve assessment by the surgical team, a physiotherapist and involve some scoring questionnaires that we would ask you to complete at clinic so that we can gather information regarding your progress.

Both methods of surgery will receive the same scoring questionnaires and post operative rehabilitation protocol. Your treatment will not be different regardless of which repair you have.

***What are the benefits and risks of participating?***

The benefit in participating is that the information gathered may help assist and guide what surgical method we use and how we subsequently treat patients.

The risks of surgery are no different between the groups, as the surgery is almost identical. One of the surgical team members will discuss both options with you at length before you decide to enter the study. *Your decision to participate, or not, will not influence or affect your treatment.* If you do decide to participate, then you will be randomly allocated to one of the methods and be registered as a trial participant.

For one of the surgical procedures we use a synthetic graft, leaving your own hamstring tendons intact. In the other method, we use your hamstring tendons to reconstruct the torn ligament to stabilize the knee cap. Using you own hamstring tendons may minimally increase the duration of your surgery, and may result in some additional bruising.