

“

THE MCL IS A KEY  
LIGAMENT THAT  
PROVIDES STABILITY  
TO YOUR KNEE. IT IS  
INJURED IN AT LEAST  
40% OF LIGAMENTOUS  
KNEE INJURIES.

”



## Contact us

Do you have a knee injury? We  
can help!

### NORTH

Pursuit of Motion Physiotherapy  
#202, 13613 163 St. NW  
Edmonton, AB T5V 0B5

### WEST

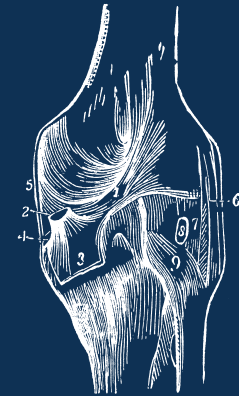
Pursuit of Performance  
10541 170 St. NW  
Edmonton, AB T5P 4W2

Phone: 780-448-4991

Fax: 780-448-4985

[info@pursuitofmotion.com](mailto:info@pursuitofmotion.com)

[www.pursuitofmotion.com](http://www.pursuitofmotion.com)



## Medial Collateral Ligament (MCL) Injuries

Have you experienced an injury to  
your MCL recently? Or have you  
injured it in the past and still find  
some issues with instability?  
Physiotherapy can help provide  
stability to your knee, along with  
managing symptoms of your injury.

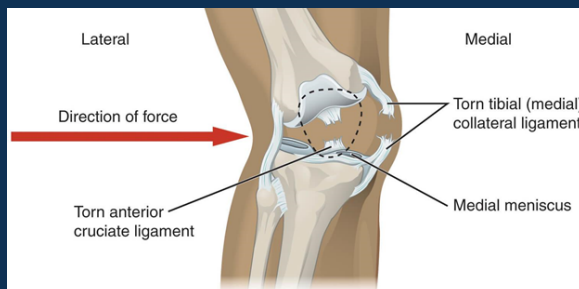
# ABOUT MCL INJURIES HISTORY

Causes of injury include:

- Most with an impact to the outside of the knee.
- It is not uncommon to injure the ACL in conjunction with the MCL and medial meniscus.
- Repeated stress.

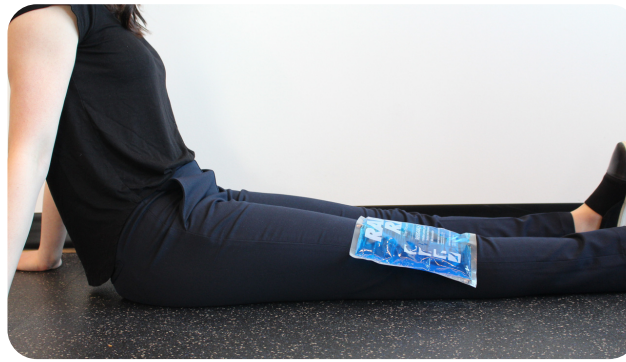
## SIGNS & SYMPTOMS

- **Grade I** – minimal tearing, minor tenderness and swelling (inside surface of the knee). Typically no instability.
- **Grade II** – A partial tear, moderate tenderness and swelling noted, and some loss of function. You may note some instances of instability. Liming or altered gait is seen.
- **Grade III** – Complete rupture/tear, severe pain, moderate-significant swelling, significant instability when twisting. There may be challenges in bearing weight as well.



## ANATOMY

The MCL is one of four key supporting ligaments to the knee. Its main role is to resist forces from the outer surface of the knee, and as a result to resist medial instability.



## 1) Pain Management

**Ice + elevation.** With any injury that is acute (<7 days) it is important to follow the **RICE** method. This method includes **Rest, Ice, Compression, Elevation.** If you notice significant pain and/or swelling, make sure you ice your knee. This can be done 3-4x per day for 10-15 mins at a time. Make sure that you give 60-90 minutes between icing sessions.



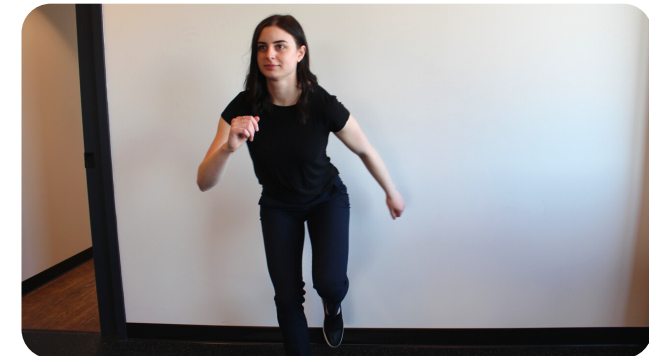
## 3) Strength & Balance

Start building strength and balance with **Reverse Lunge Sliders.** Start with feet shoulder width apart, with one foot on a sliding disc or a towel on a smooth surface. Slide the foot that is on the disc backwards and lower the hips into a lunge, so that the front knee is at 90 degrees (shallow is fine too). Reverse the lunge, bringing the sliding leg back to starting position. Repeat 8 times on each leg for 3 sets.



## 2) Mobility

A great exercise to begin mobility training is **Assisted Knee Extension.** Begin by laying on your stomach with your leg off of a bed just above the knee. Allow your knee to extend, and then place your other foot on the back of your extended leg to assist in extension. Once you feel a gentle stretch hold for 10 seconds and repeat 5 times.



## 4) Functional/Sport

Once your mobility and strength has returned, you can return to sport and training. Lateral Jumps can help build your balance and strength. Starting on one leg, crouch into an athletic stance, and then bound to the side, landing on the other leg. Be sure to land softly by bending the knee when landing, and to not let the knee cave inwards. Repeat until fatigue for 3 sets.