

ABOUT MCL

INJURIES

HISTORY

Causes of injury include:

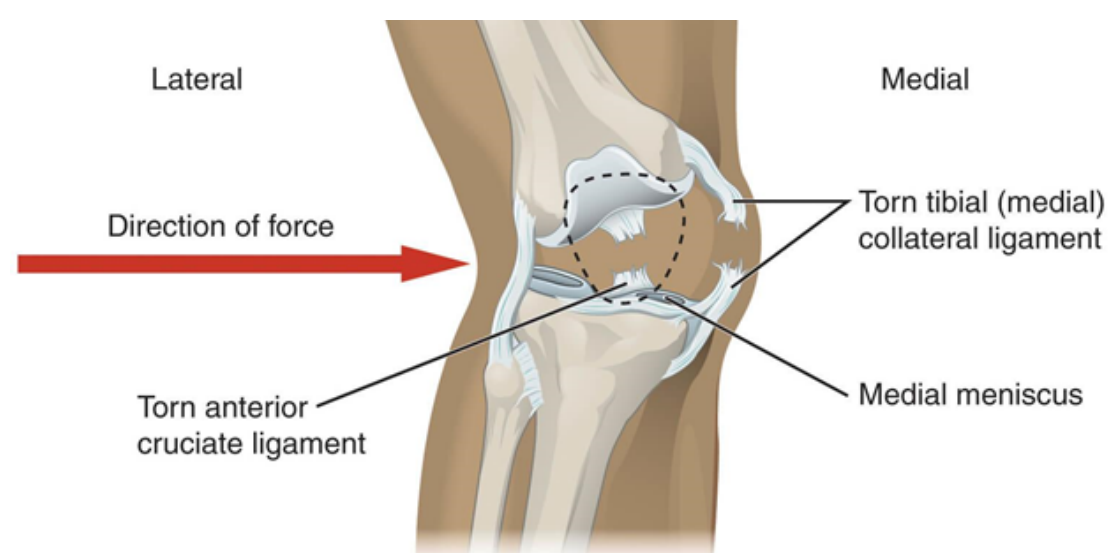
- Most with an impact to the outside of the knee.
- It is not uncommon to injure the ACL in conjunction with the MCL and medial meniscus.
- Repeated stress.

SIGNS & SYMPTOMS

Grade I – minimal tearing, minor tenderness and swelling. Typically no instability.

Grade II – A partial tear, moderate tenderness and swelling, some loss of function. Some instances of instability. Limping or altered gait is seen.

Grade III – Complete rupture/tear, severe pain, moderate-significant swelling, and instability when twisting. There may be challenges in bearing weight.



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.



Contact us

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

Phone: 780-448-4991

Fax: 780-448-4985

info@pursuitofmotion.com

www.pursuitofmotion.com



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.



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.



3) Strength

Build strength and balance with **Reverse Lunge Sliders.** Start with feet shoulder width apart, with one foot on a towel on a smooth surface. Slide the foot backward and lower the hips into a lunge, so that the front knee is bent. Reverse the lunge, bringing the sliding leg back to starting position. Repeat 8 times on each leg for 3 sets.



4) Functional/Sport

Once mobility and strength have returned, you can return to sport. To perform **Lateral Jumps,** start 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.

