

MCL INJURIES OF THE KNEE

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MCL injuries

- **One of the most common injuries in sport**
- **Most do well with non-surgical treatment**
- **Multi-ligament injuries**
- **Increasing trend towards surgical treatment of high-grade injuries in elite sport**



1

KEY STEPS

1

**The clinical
history**



Injury mechanism

- **Valgus force**
- **Overuse mechanism possible – but not common**





Associated symptoms

- **Site of pain**
- **Swelling**
- **Instability**
- **Mechanical symptoms**
- **Ability to weight-bear**

Older patients

- **Anyone can have a valgus injury**
- **Not all medial pain in an MCL injury**
- **Carefully consider the history**



2 KEY STEPS

2 The clinical examination



ROLE OF THE EXAMINATION?

**DIAGNOSE
EXCLUDE**










EXAMINATION

**MCL
LIGAMENTOUS
LAXITY
EFFUSION**



3 **KEY STEPS**

3 **Imaging**

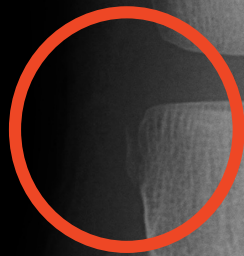


WHY IMAGE?

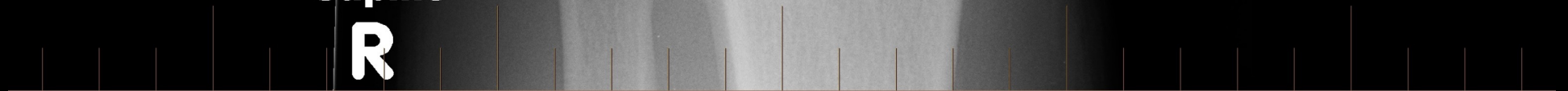
Diagnose
Exclude



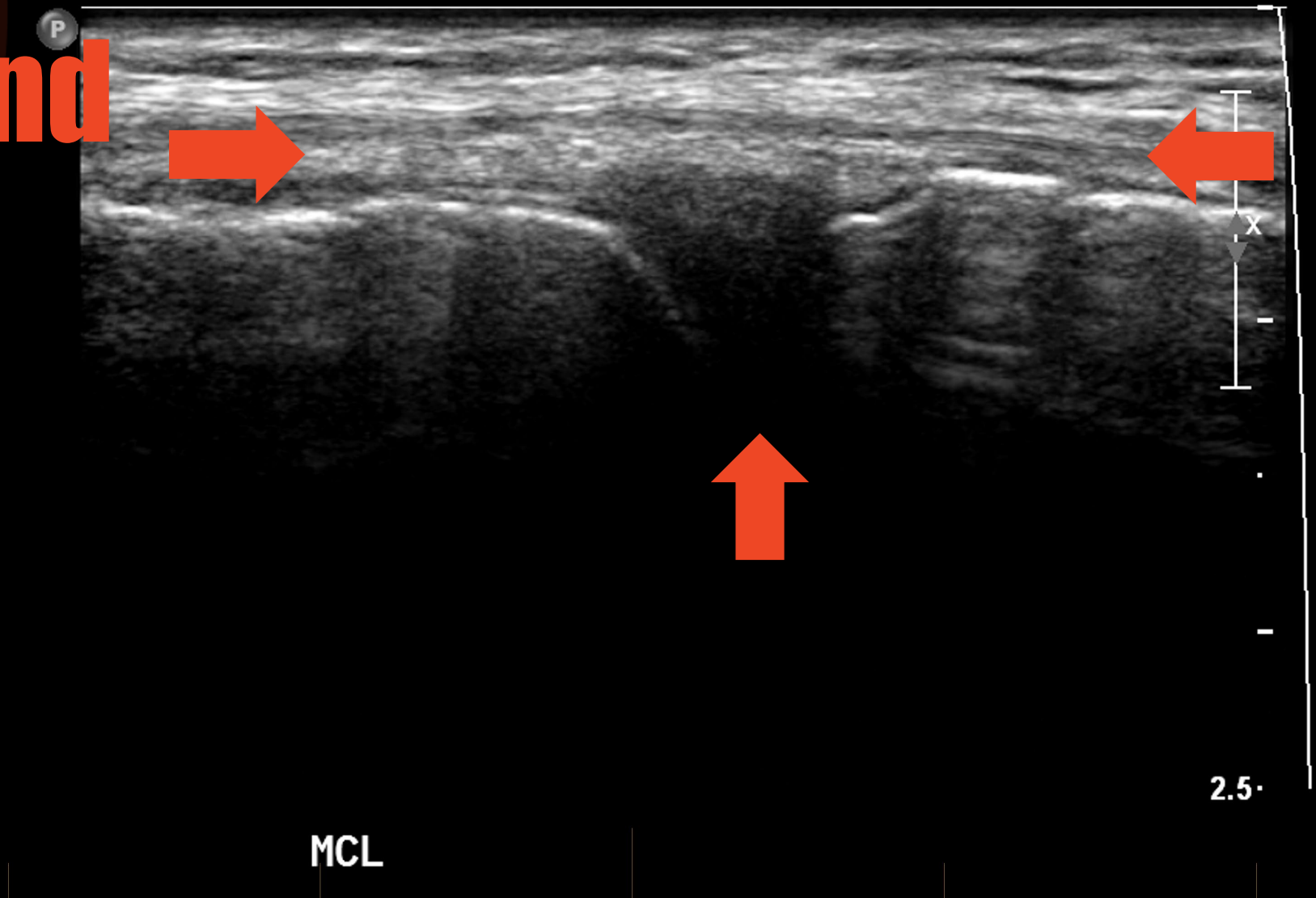
X-ray



Supine
R



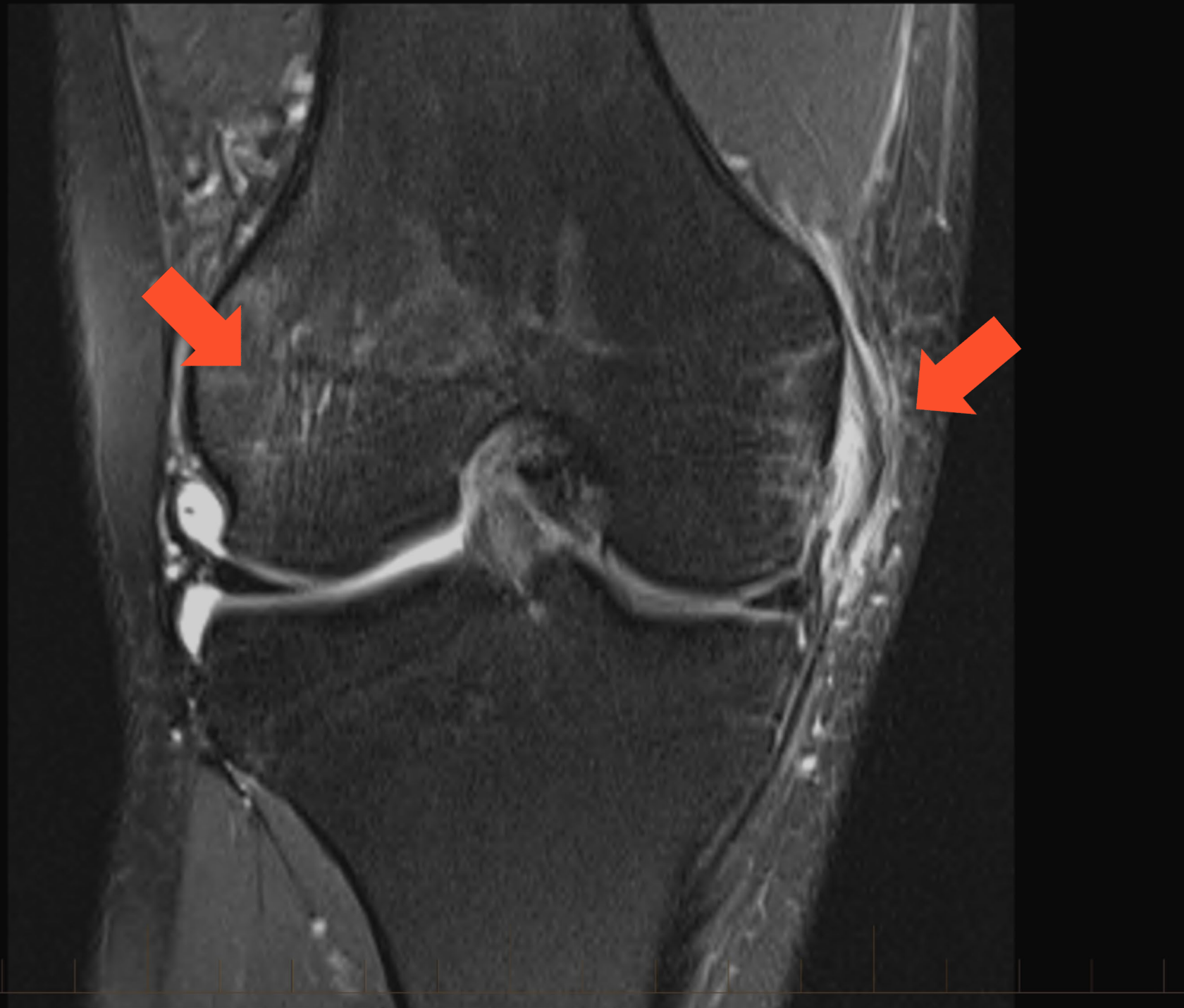
Ultrasound



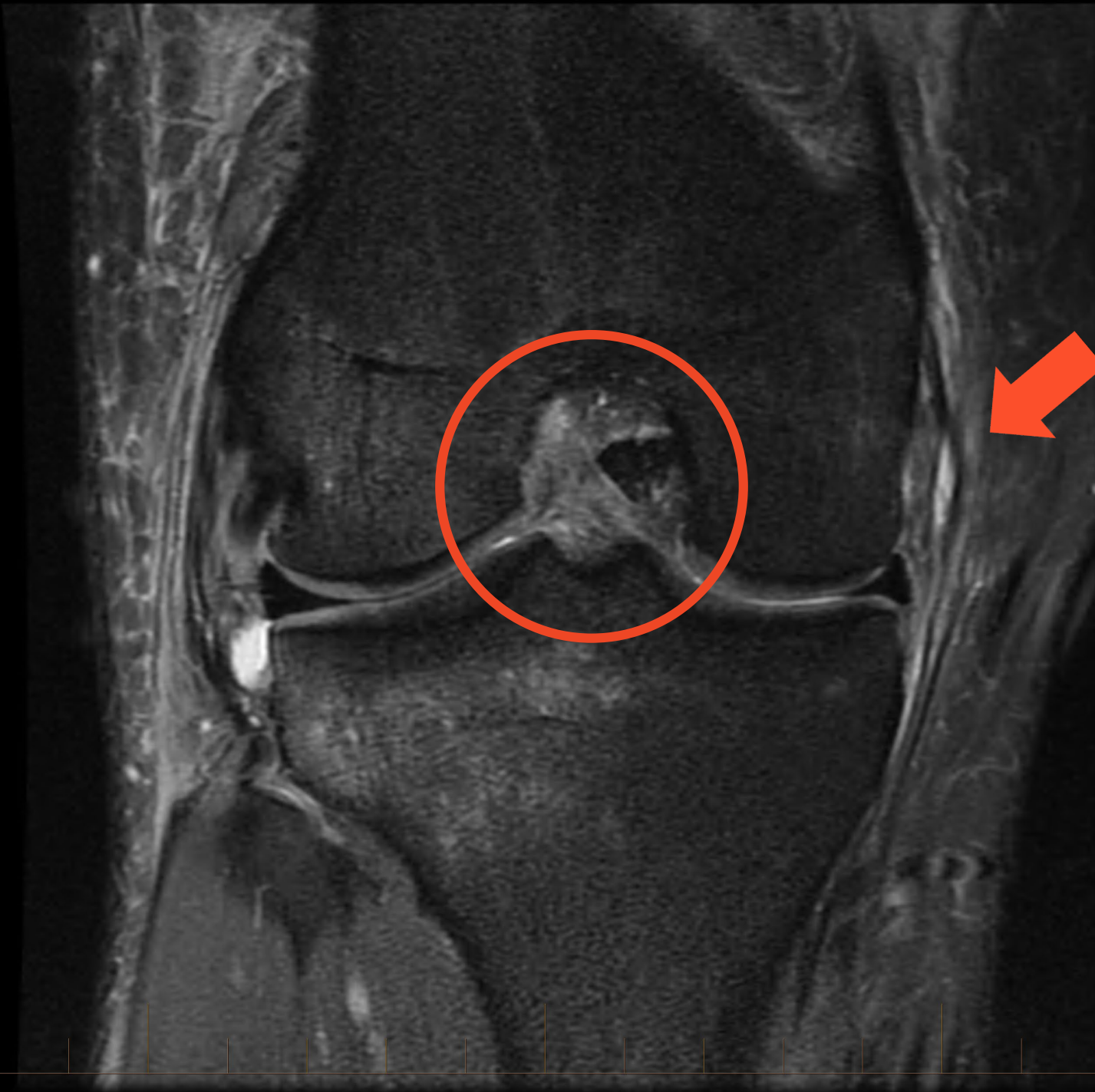
MCL

2.5

MRI



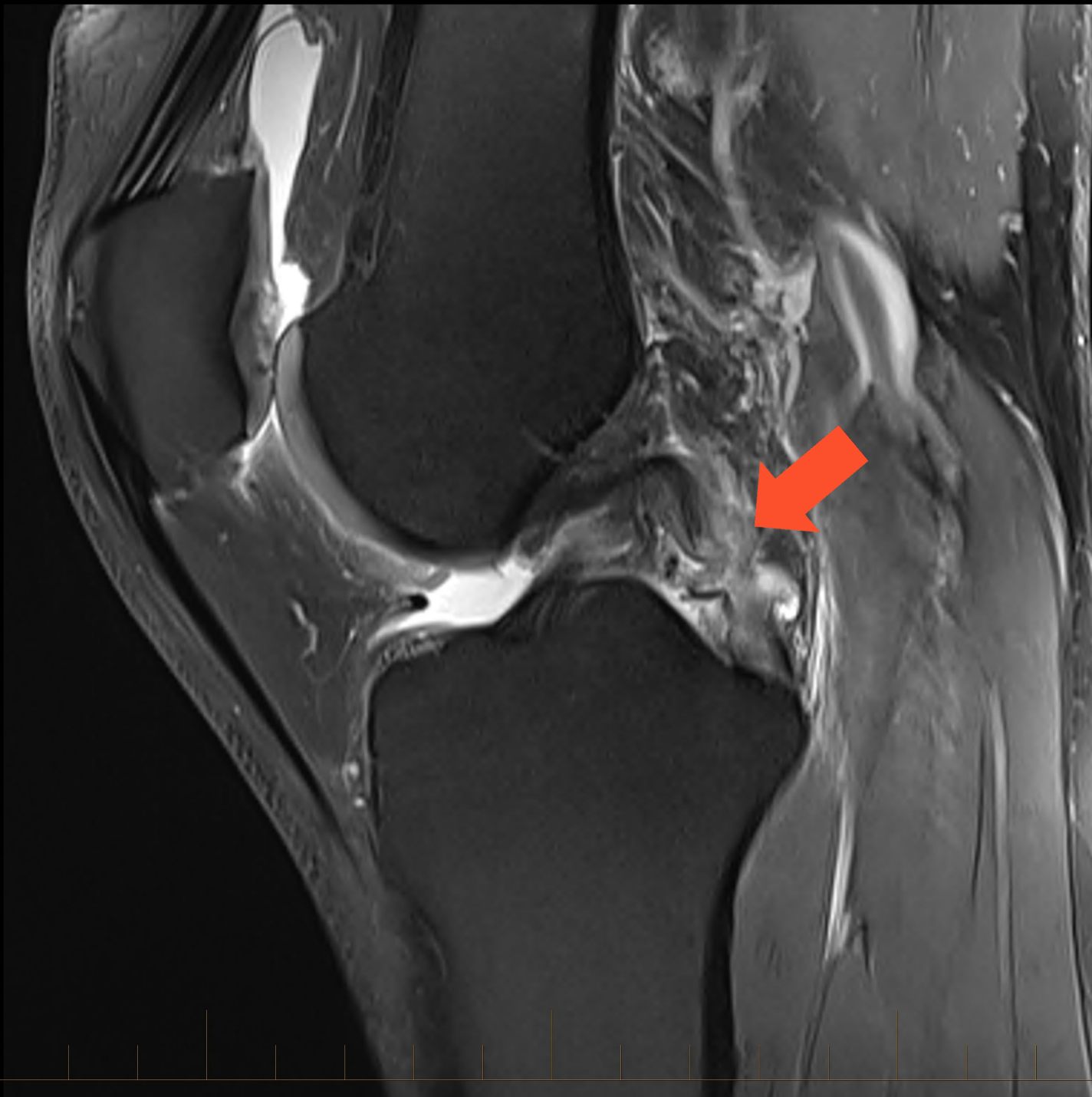
ACL/MCL



PCL/MCL



PCL/MCL



IMAGING?

**X-RAY FOR ALL
LITTLE ROLE FOR USS
MRI TO EXCLUDE**




4

KEY STEPS

4

**Making a
treatment plan**



MAY NOT NEED ANY



Rehabilitation

- **Activity restriction**
- **Cycling**
- **Straight line running**
- **Change of direction running**
- **Sports specific drills**



Simple hinged brace



Range of motion brace



SURGERY

**OCCASIONALLY
NEEDED
ISOLATED INJURY
MULTI-LIGAMENT**



ISOLATED MCL

**LIMITED ROLE
HIGH GRADE INJURY
ELITE ATHLETES**



ACL/MCL

**SURGICAL TX
ALLOW MCL TO HEAL
EARLY SURGERY**



PCL/MCL

**OFTEN DOES BADLY
TRIAL REHAB
RECONSTRUCT PCL**



Kids and Adolescents

- **Not a common injury**
- **Capsule stronger than physis**
- **Low threshold to refer**

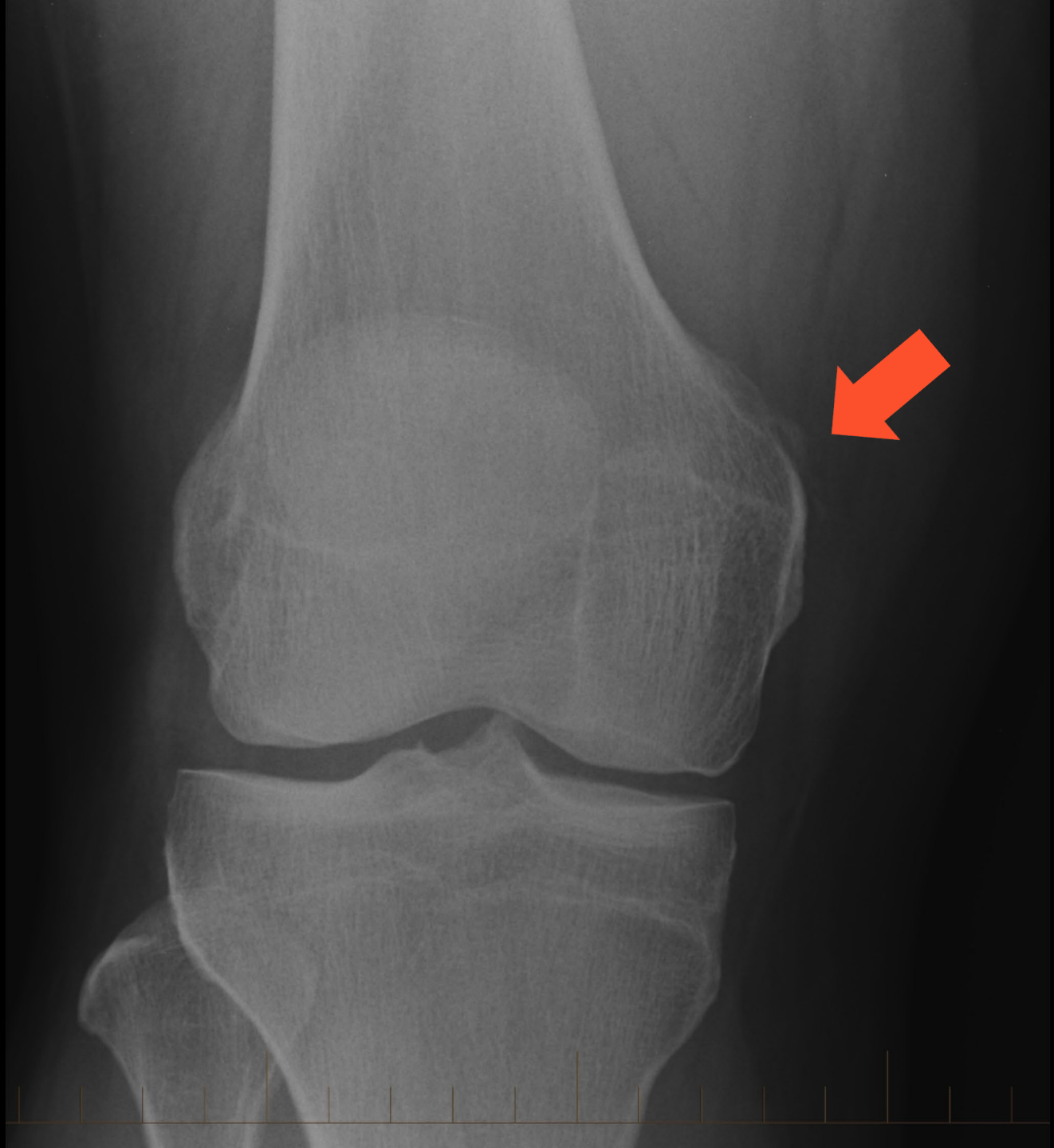


5 **KEY STEPS**

5 **Review and revise
the plan**



Pellegrini- Stieda



PREVENTION



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