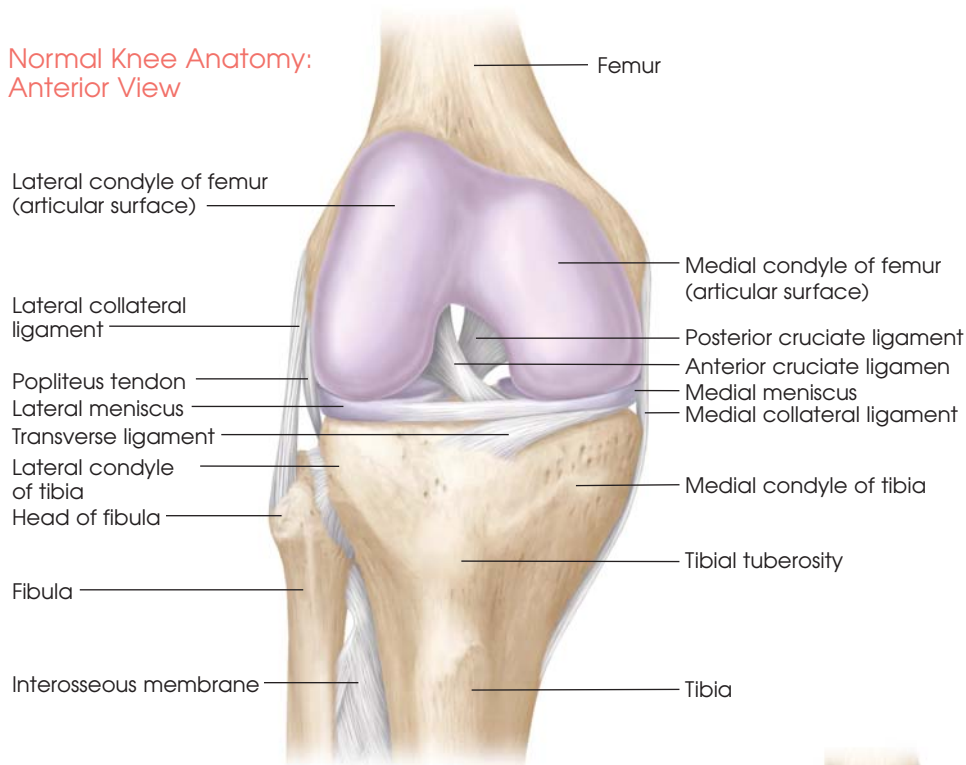
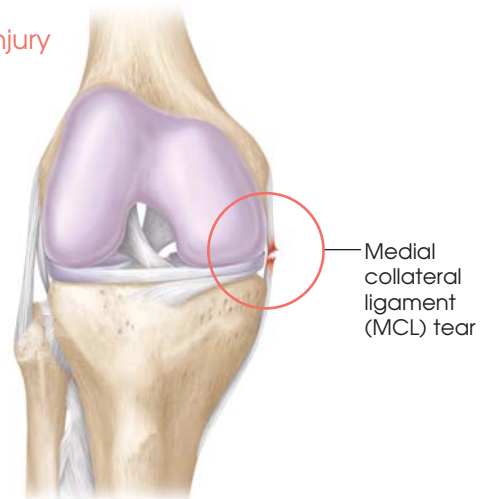


MCL (Medial Collateral Ligament) Knee Injury

Normal Knee Anatomy: Anterior View



MCL Injury



Medial Collateral Ligament (MCL) Injury is a sprain or tear of the stabilizing ligament on the inside of the knee joint. It usually occurs when a blow to the outside of the knee causes this ligament to stretch or tear. MCL injuries commonly occur during contact sports such as football. Symptoms include pain on the inside of the knee, swelling, tenderness and in severe cases, feelings of knee instability.

Common Treatment Options

- Rest and elevate the knee.
- Apply ice packs to the knee for 20-30 minutes every 3-4 hours for the first 2-3 days until the swelling decreases.
- Crutches or a cane may be used for comfort (up to 4 weeks for complete tears) to reduce the stresses across the joint.
- Wear a knee immobilizer or brace for support (up to 4 weeks for complete tears).
- Early motion is important to prevent stiffness.
- Surgery is rarely used except for multiple ligament injuries or avulsion (tearing away from the bone) injuries.

Notes:

Contact information

