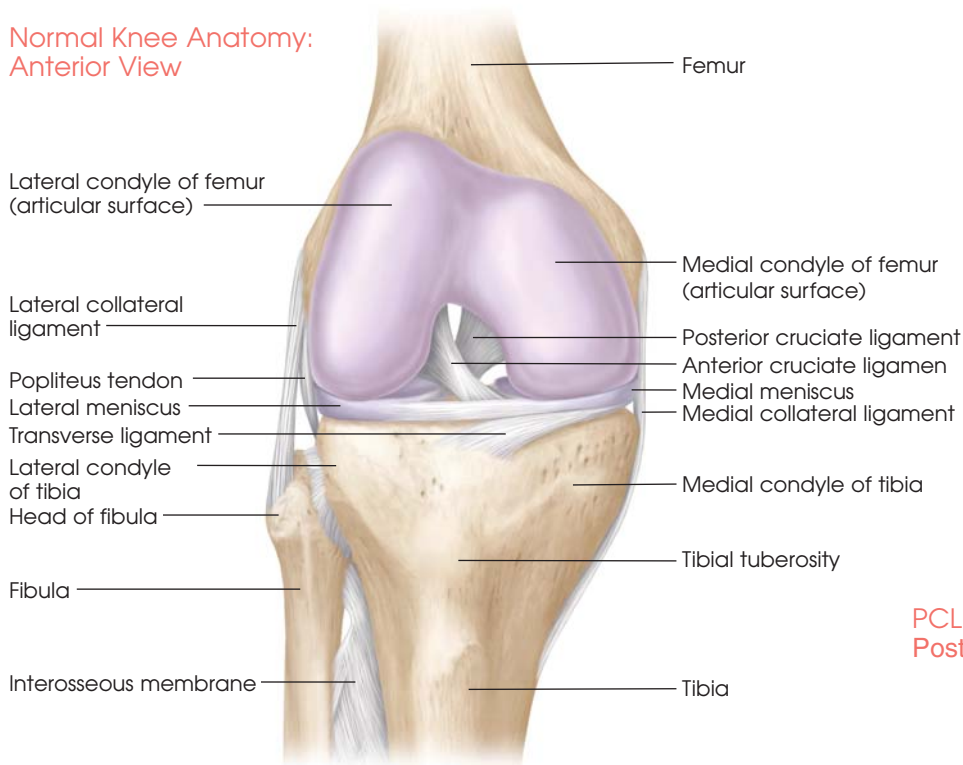
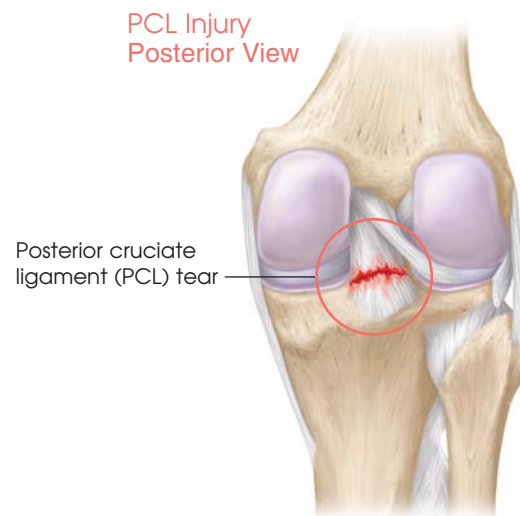


PCL (Posterior Cruciate Ligament) Knee Injury

Normal Knee Anatomy: Anterior View



PCL Injury Posterior View



Posterior Cruciate Ligament (PCL) Injury is a sprain or tear of the stabilizing ligament in the middle of the knee joint that sits just behind the ACL (anterior cruciate ligament). A PCL injury usually occurs when the knee is bent and collides with an object, forcing the shin backwards (such as dashboard) or when an athlete falls on the front of the knee. Symptoms include pain and swelling and there may be a feeling of 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.
- The use of crutches may be recommended for a few weeks to reduce weight-bearing stresses across the knee and increase comfort.
- Hamstring strengthening exercises should be avoided for 3 months.
- For partial injuries, a brace may be used to reduce and restrict movement and allow the ligament to heal.
- Surgery may be considered on severe injuries, multiple ligament knee injuries such as knee dislocations, or patients suffering from chronic instability.

