

## Overview

The **ACL** is dealt with in its own section as it is relatively common. There are 3 other major ligaments and ligament complexes around the knee.

Correct diagnosis of these injuries is important so that the appropriate treatment can be selected.

## Medial Collateral Ligament

This is a large band-like structure on the medial side of the knee. It is torn by direct stretching. It has a good blood supply so healing is usually very good. It is important in some cases to splint the **MCL** whilst it heals to prevent stretching out.

## Posterior Cruciate Ligament

This is injured by forcing the tibia backwards whilst the knee is bent, eg. In a car crash with the knee hitting the dashboard.

The **PCL** is a large ligament and sometimes does heal. If it does not, it can be replaced but this is a big operation which is not as reproducible as **ACL** repair.

## Lateral Collateral Ligament

The lateral ligament complex consists of 3 or 4 separate structures working together on the posterior and lateral sides of the knee to keep the knee stable in that area. Damage usually occurs to more than one structure in the complex, so repair is often required in the more severe cases.

## Summary

Significant knee ligament injury usually will be very painful and you will have been to A&E about it. The follow up and treatment varies so much it is impossible to say what treatment you require without a full examination and diagnostic workup. If you have had a significant knee injury as described above, I would like to see you **EARLY** after injury in order to assess it properly. We can then tailor what you need on an individual basis.

If you would like to arrange a consultation or just need an informal chat, please contact me at:

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