

they have dynamic valgus (usually due to poor hip control).

**Symptoms:** Inner knee pain and tenderness, lack of end or range knee extension, minimal or no swelling. Patient reports instability or a “wobbly knee”.

## LCL (Lateral Collateral Ligament) Injury

**How it's injured:** A rare injury involving a varus stress to the knee (usually due to direct contact to the inner knee).

**Symptoms:** Outer knee pain, loss of end range knee extension, tenderness at outer knee joint line.

extension, tenderness at outer knee joint line.

## Knee Exercises/ Releases/Taping

*Foam Roller: Quads / ITB / Hamstring / Calfs*

*VMO Exercise:*

*Taping: Medial Patella Glide*

*Taping: Rocktape for Anterior knee pain*

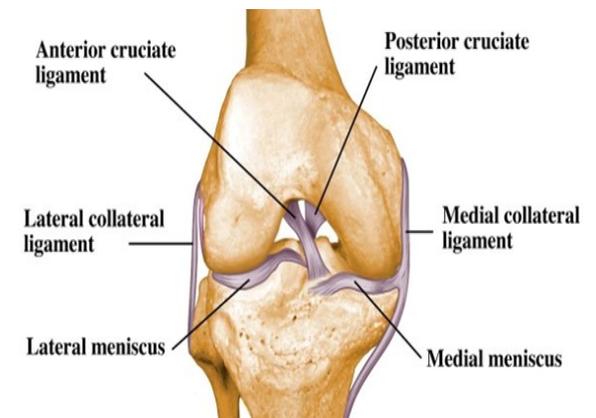
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## Ligament sprains/ injuries – ACL/PCL/ MCL/LCL



CLIENT HANDOUT

## Ligament sprains/injuries – ACL/PCL/MCL/LCL

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Ligaments help to support the stability of a joint, and aid in joint proprioception (awareness). They are usually injured in traumatic incidents involving twisting/awkward landing. The management depends on which ligament is damaged, and the extent of the sprain or tear (whether it is a minor stretching of the ligament or a complete tear).

### ACL (Anterior Cruciate Ligament) Injury

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**How it's injured:** Stiff landing on a straight knee; knee varus/valgus forces (knee goes inwards or

outwards), extreme rotation of the leg, pivoting on a planted foot. Common in sports such as football, netball, basketball and skiing.

**Symptoms:** A crack/snap/pop at time of injury along with intense pain. This usually settles, but a rapid joint effusion (swelling often with bruising) occurs during the first 2 hours post injury. The knee feels unstable. Patient often can't fully straighten knee, and the knee has widespread tenderness.

### PCL (Posterior Cruciate Ligament) Injury

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**How it's injured:** Fall onto shin; a force to the shin knocking it backwards; forced hyperflexion

(extreme knee bend) with the foot plantar-flexed (sliding onto knees), knee hyperextension (extreme straightening).

**Symptoms:** Poorly defined knee pain, a feeling of instability when going down stairs or down hill; a tibial step-off (when the shin drops lower than usual).

### MCL (Medial Collateral Ligament) Injury

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**How it's injured:** A valgus force to the knee (where the knee goes inwards and the lower leg goes outwards). This can also be a chronic injury if a client is knock-kneed (genu