



Want to know a little more?

Medial Collateral Ligament Tear

The Medial Collateral Ligament (MCL) is a ligament spanning the inside of the knee joint attaching the thigh bone (femur) to the shin bone (tibia). The MCL supports the knee and protects the knee against sideways movement of the lower leg below the knee.

Injury of the MCL often occurs when the knee is hit from the outside, over-stretching the MCL. It may also be injured by a twisting movement of the knee over a planted foot injuring the Anterior Cruciate Ligament at the same time.

Management of a tear of the MCL depends on the severity. Mild and moderate tears (without any other ligament damage) can be managed by your physiotherapist who will guide you through a rehabilitation program including:

Stage 1: Reduce swelling and further damage to the ligament

Stage 2: Regain knee movements and walking ability

Stage 3: Increase muscle strength at the knee, improve balance and agility to allow return to pre-injury activities and prevent re-injury.

If the MCL tear is severe and associated with other ligament damage such as an ACL tear, then arthroscopic surgery to repair the ligament will be required. Following surgery an intensive strengthening rehabilitation program provided by your physiotherapist is necessary to return to pre-injury activities.

MEDIAL COLLATERAL LIGAMENT



Disclaimer: The information on this page is intended as a guide only, and does not constitute advice or treatment. For further information, please see your qualified physiotherapist