



ROSENBERG COOLEY METCALF
THE ORTHOPEDIC CLINIC AT PARK CITY
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Grade I Sprain of the Lateral Collateral Ligament (LCL)

DIAGNOSIS: Your **diagnosis** is a Grade I sprain of the lateral collateral ligament (LCL).

INJURY or CONDITION: Your **injury** represents a minor disruption (less than 50%) of the collagen fibers linking the ends of the femur (thigh bone) and the fibula (lower leg bone).

CAUSE: The most common **cause** is excessive stress applied to the stabilizing ligament on the lateral (outer) aspect of the knee during sports or as the result of a fall.

SYMPTOMS: Typical **symptoms** are pain and tenderness on the lateral (outer) aspect of the knee with stiffness and guarding. Minor swelling and tenderness can be noted.

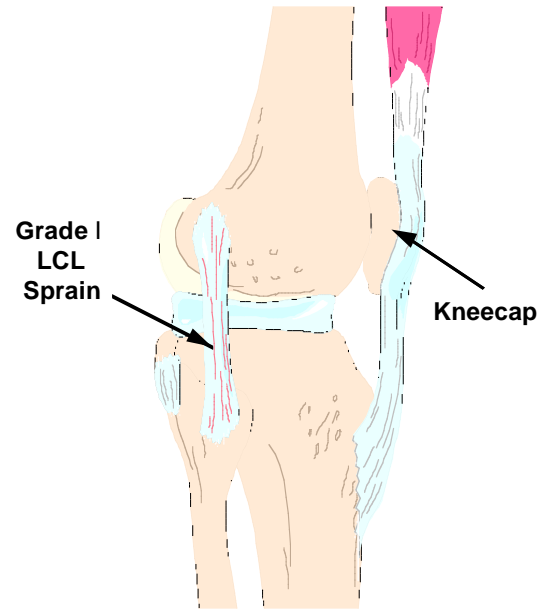
TREATMENT: Our standard **treatment** options include:

1. Prompt return to weight-bearing
2. Activities to encourage full motion
3. Ice application frequently repeated for periods of 20-30 minutes, repeated 3-4 times per day (see caution below).
4. Safe strengthening activities such as cycling and swimming, that avoid cutting and twisting motions.
5. Optional anti-inflammatory medication for one week (e.g., Diclofenac/Voltaren, or Ibuprofen/Advil).
6. Bracing for lateral support and pain relief.

RECOVERY: Expected **recovery** usually occurs in 1-4 weeks depending on the severity of the injury.

PRECAUTIONS: Important **precautions**:

1. Do not skimp on ice. Use ice generously for the first 48-72 hours. **Caution:** There is a nerve near the skin surface in the area of this ligament. If numbness and tingling in the lower leg and foot are noted while icing, place a wet rag between the skin and the ice to prevent nerve damage.
2. Avoid prolonged immobility.
3. Do not return to sports until motion is normal and at least 90% of normal strength is recovered.



Side view of leg

