



ROSENBERG COOLEY METCALF

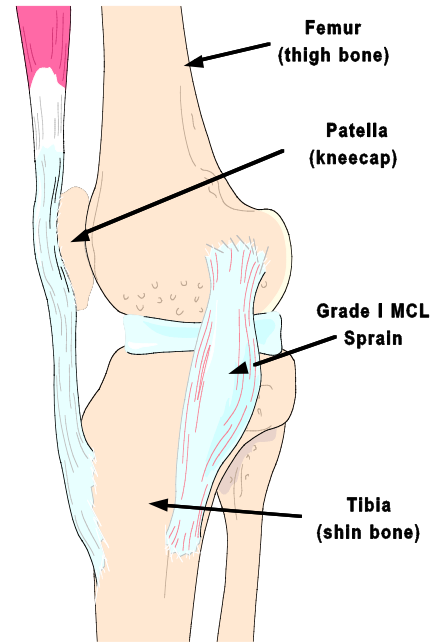
THE ORTHOPEDIC CLINIC AT PARK CITY

www.rcmclinic.com

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Grade I Sprain of the Medial Collateral Ligament (MCL)

- DIAGNOSIS:** Your **diagnosis** is Grade I sprain of the medial collateral ligament (MCL).
- 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 tibia (shin bone).
- CAUSE:** The most common **cause** is excessive stress applied to the stabilizing ligament on the inner (medial) aspect of the knee during sports or as the result of a fall.
- SYMPTOMS:** Typical **symptoms** are pain and tenderness on the medial (inner) 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
 4. Safe strengthening activities, such as biking, that avoid cutting and twisting
 5. Optional anti-inflammatory medication for one week (e.g. Diclofenac/Voltaren or Ibuprofen/Advil)
 6. Bracing with a hinged brace to support the MCL



Side view of the knee

- RECOVERY:** Expected **recovery** usually occurs in 1-4 weeks depending on the severity of the injury.
- PRECAUTIONS:** Important **precautions**:
1. Avoid prolonged immobility.
 2. Do not return to sports until motion is normal and at least 90% of normal strength is recovered.

