

MCL Injuries

Baylor SportsCare

We'll give you a healthy advantage.

Baylor SportsCare provides the winning combination of education, prevention, medical coverage and sports medicine for athletes of all ages.

- Access Baylor Health Care System specialized sports medicine physicians* and services throughout the Metroplex
- Medical coverage at games and events utilizing physicians, nurses and licensed athletic trainers
- Educational programs on injury prevention & performance enhancement
- Comprehensive medical support for groups, teams and individuals

For more information about SportsCare, or for help in finding a physician who is right for you, contact your local SportsCare representative at

(972) 512-7404

or call **1-800-4BAYLOR** and ask for "Baylor SportsCare"

*Physicians are members of the medical staff at one of Baylor Health Care System's subsidiary, community or affiliated medical centers and are neither employees nor agents of those medical centers, Baylor University Medical Center or Baylor Health Care System. CE 12.07

Definition

Medial Collateral Ligament (MCL) injury is an injury to the ligament on the inner part of the knee. This ligament keeps the shin bone (tibia) in place. It can be a stretch, partial tear or complete tear of the ligament.

Causes

The MCL is usually injured by pressure or stress on the outside part of the knee. A block to the outside part of the knee during football is a common way for this ligament to be injured. It is often injured at the same time as an anterior cruciate ligament (ACL) injury occurs.

Symptoms

Symptoms of a tear in the medial collateral ligament are:

- Knee Swelling
- Locking or catching of the knee with movement
- Pain and tenderness along the inside of the joint
- The knee gives way or feels like it is going to give way when it is active or stressed in a certain way

First Aid

A health care provider should examine your knee. A MCL test will be done to detect looseness of the ligament. This test involves bending the knee to 25 degrees and putting pressure on the outside surface of the knee. Other tests may include:

- Knee joint x-rays
- Knee MRI

Treatment Includes:

- Applying ice to the area
- Nonsteroidal anti-inflammatory drugs (NSAIDS)
- Raising the knee above heart level

You should limit physical activity until the pain and swelling go away. The health care provider may put you on crutches and in a brace to protect the ligament. You may also be told not to put any weight on your knee when you walk. After a period of keeping the knee still, you will be given exercises to strengthen and stretch the knee. Physical therapy may help you regain knee and leg strength. Surgery is often not needed when only the MCL has been torn. If you need surgery, it is often done using arthroscopy, through a small surgical cut.

When to Contact a Medical Professional

Call your health care provider if:

- You have symptoms of a MCL injury
- You are being treated for a MCL injury and you notice increased instability in your knee, pain or swelling after they initially faded or your injury does not get better with time
- You re-injure your knee

Prevention

Use proper techniques when playing sports or exercising. A proper strength, conditioning and stretching program may reduce the risk of injury. Many cases are not preventable.