

Medial Collateral Ligament (MCL) Injuries

What are Medial Collateral Ligament (MCL) Injuries?

The Medial Collateral Ligament (MCL) is one of the 4 main ligaments that hold your knee together.

It is found on the inside (Medial side) of the knee.



How is it injured?

Often it is injured while playing sport and bending your knee side wards.

The knee usually swells up, but more on the inside.

There is often bruising on the inside of the knee.

Investigations

Mr Raj will listen to how you injured your knee and what has happened to it since the injury. He will then examine your knee.

In the first few weeks after injury your knee is often very sore and difficult to examine.

An X-ray will be needed to see if there are any [Fractures](#) (Breaks) in your knee.

Usually a MRI Scan (Magnetic Resonance Imaging Scan) is required to look at the ligament and the other structures within the knee.

Treatment

This depends upon how bad your injury is and if anything else is damaged.

Mr Raj will discuss the options with you and make his recommendations depending upon your circumstances.

Minor injuries to the Medial Collateral Ligament (MCL) require a brace and physiotherapy.

Major injuries to the MCL usually injure other structures in the knee. These include the [Anterior Cruciate Ligament \(ACL\)](#) or the [cartilages \(Menisci\)](#). The treatment then needs to be tailored to what is injured.

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