

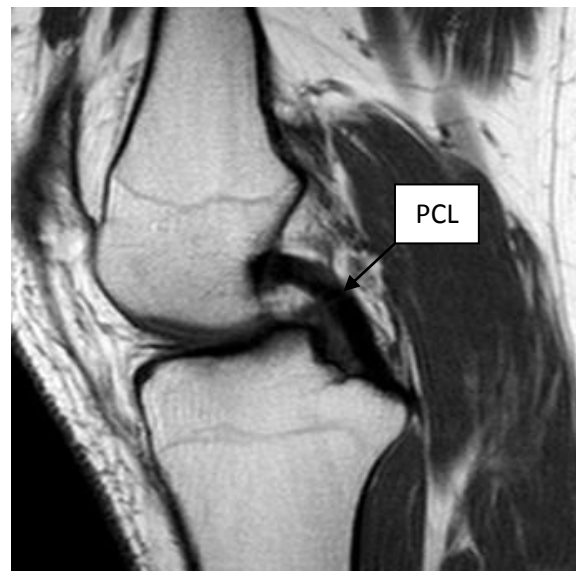
## Posterior Cruciate Ligament Injuries

The Posterior Cruciate Ligament (PCL) is one of the 4 main ligaments around your knee. It works with the anterior cruciate ligament to stop the knee sliding backwards and forwards while it is bending.

**PCL injuries** are caused by a blow to the front of the knee with a large amount of force. This may be due to hitting the dashboard with your knee in a car crash or falling directly onto the front of the knee while running.

The knee will swell up immediately and be painful. An X-ray of the knee should be taken to rule out any fractures around the knee as a cause of the swelling. Referral to a knee specialist should then follow to diagnose and treat the possible causes of the swelling.

X-rays may show a separated piece of bone attached to the PCL. This is rare and requires surgery to reattach the piece of bone. Usually the PCL is damaged without pulling a piece of bone off and requires a MRI scan. This will show the extent of the injury to the PCL and any other structures around the knee.



Initial treatment requires R. I. C. E. (Rest, Ice, Compression & Elevation). Physiotherapy will be required to regain the range of movement within the knee and help reduce the swelling. A special knee brace is used to hold the knee in a better position to allow the PCL to heal.

Surgery is required if the knee becomes unstable and there is damage to other ligaments around the knee.