

## 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.

The PCL is injured 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 only required if the knee becomes unstable. This is not common if only the PCL has been injured. Surgery is more common if there is damage to other ligaments around the knee.