

KNEE SPRAINS - COLLATERAL LIGAMENTS

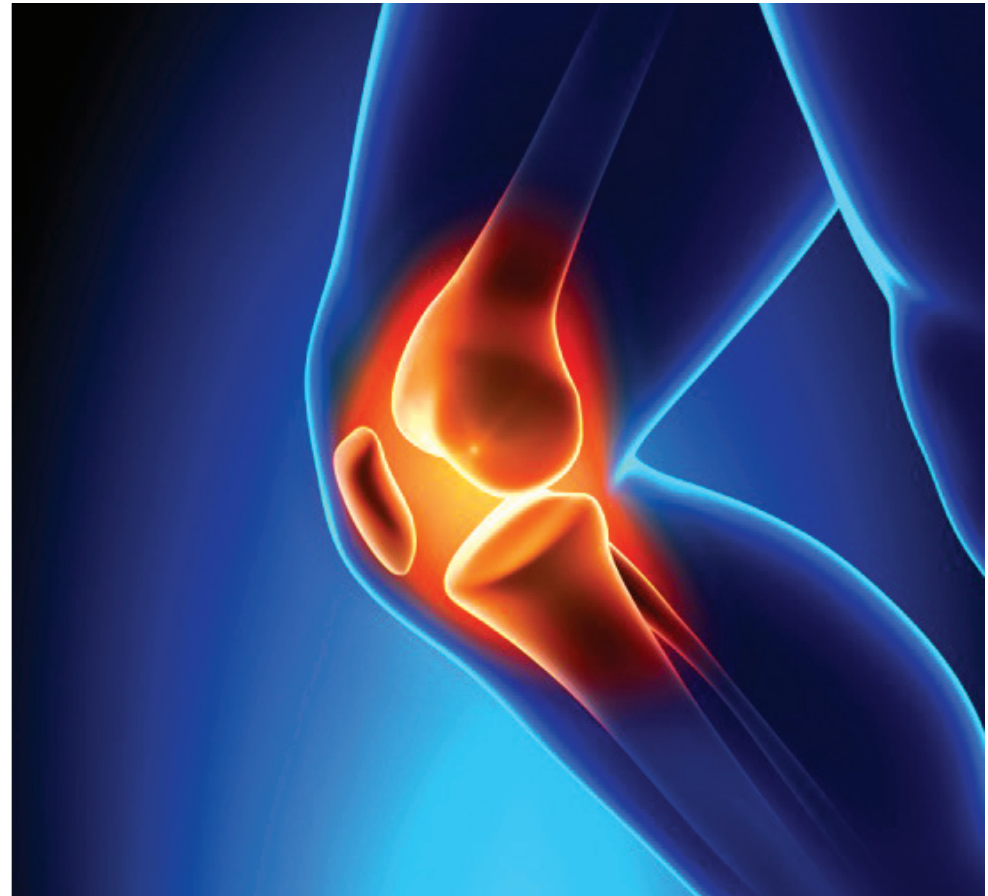
IDENTIFICATION AND TREATMENT

Treatment

- Ice
- Crutches as necessary
- Knee immobilizer as necessary
- Range of motion exercises as instructed

Referral

Should be evaluated by physician



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Medial Collateral

- Ligament on inside of knee
- Injury results from either a direct blow from the lateral side, in a medial direction, or a severe outward twist



Grade 1

- Little or no swelling
- Mild joint stiffness
- Full range of motion



Grade 2

- Mild/moderate swelling
- No gross instability
- Decreased range of motion
- Decreased strength



Grade 3

- Complete tear
- Moderate/severe swelling
- Little range of motion
- Knee unstable with medial force

Lateral Collateral

- Ligament on outside of knee
- Injuries rare in sports

Grade 1

- Mild pain
- Mild localized lateral swelling

Grade 2

- Moderate pain
- Moderate localized swelling
- Decreased range of motion

Grade 3

- Moderate/severe pain
- Moderate/severe localized lateral swelling
- Limited range of motion
- Knee unstable with lateral force