

# KNEE SPRAINS - CRUCIATE LIGAMENTS

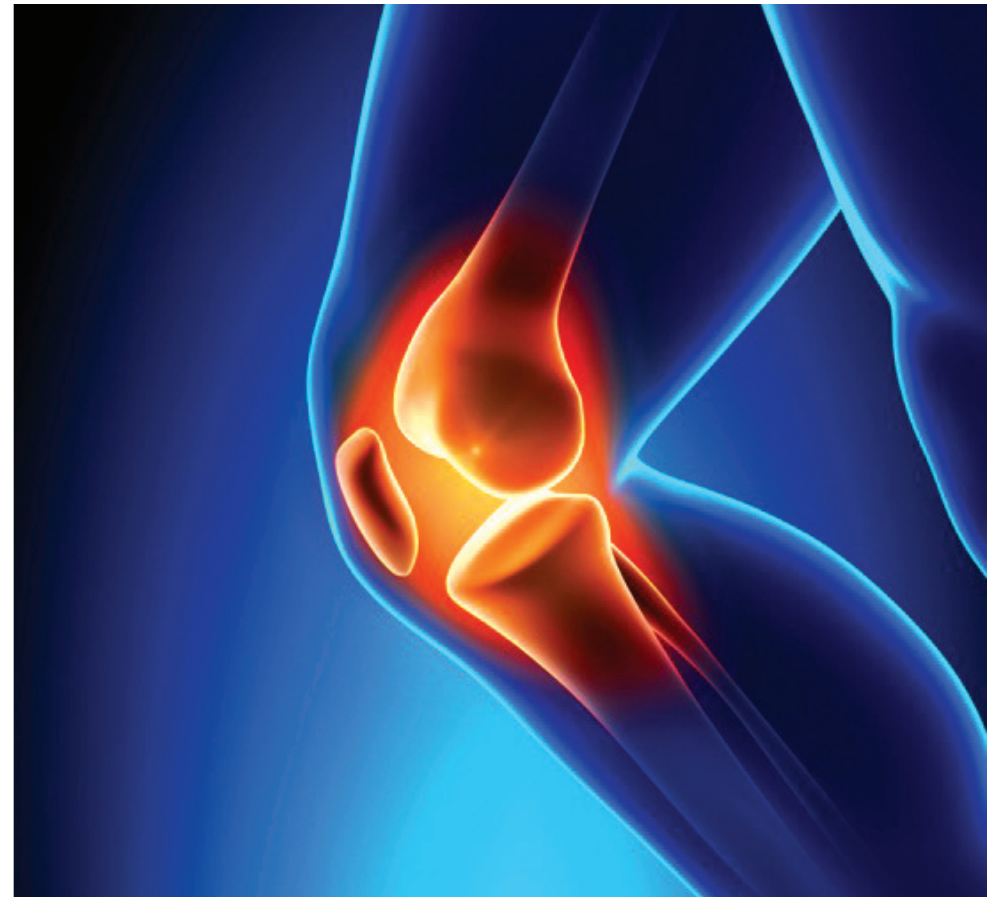
## IDENTIFICATION AND TREATMENT

### Treatment

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

### Referral

Should be evaluated by physician



Chris Mathewson  
Head Athletic Trainer  
cmathewson@dcsdk12.org  
303-387-4111

# Anterior Cruciate

- Major stabilizing ligament of knee
- Injuries caused by hyperextension of knee, or severe twisting

## Grade 1

- Slight pain
- Slight joint line swelling
- Full active range of motion

## Grade 2

- Moderate pain
- Moderate joint line swelling
- Limited active range of motion
- Pseudo locking
- Knee feels unstable

## Grade 3

- Severe pain
- Severe joint line swelling
- Very limited active range of motion
- Pseudo locking
- Knee feels very unstable

# Posterior Cruciate

- Injuries rare in sports
- Injuries caused by hyper flexion of knee, falling with full weight on bent knee

## Grade 1

- Slight pain
- Slight joint line swelling
- Full active range of motion with mild pain

## Grade 2

- Moderate pain
- Moderate swelling
- Partial active range of motion with moderate pain

## Grade 3

- Moderate pain
- Moderate swelling
- Very limited active range of motion with moderate pain
- Knee feels very unstable