

# Medial Collateral Ligament Sprain (MCL)

## What is it?

Tearing or stretching of the MCL

## What causes it?

Usually by force applied to the outside of the knee joint eg football tackle

## Symptoms

Pain over the medial portion of the knee. Swelling and tenderness. Instability in the knee and pain with weight bearing.

## Top Tips

Ice, immobilise and obtain prescription anti-inflammatories as soon as possible

## How to Treat it

RICER. Immobilisation. Anti-inflammatories.



## Rehab & Prevention

Rest and gradual introduction back to activity. For more severe sprains, braces may be needed, particularly during the strengthening phase of rehabilitation. Most severe will require rest and immobilisation. As range of motion and strength return, stationary bikes can be used. Ensuring adequate strength in the thigh muscles and conditioning before starting activity again, will help with prevention.

## Definitions

**MCL** – band of tough fibrous tissue on the inside of your knee, connecting thigh bone to the bone of your lower leg. Stops the knee from bending inwards.

**RICER** – rest, ice, compress, elevate and refer

## Associated Conditions

- Anterior Cruciate Ligament Sprain (ACL)
- Meniscus Tear
- Bursitis
- Knee (synovial) Plica
- Osteochondritis Dissecans
- Patellofemoral Pain Syndrome
- Patellar Tendinitis (Jumper's Knee)
- Chondromalacia Patellae (Runner's Knee)
- Subluxing or Dislocating Knee Cap

## Get Help Now

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