

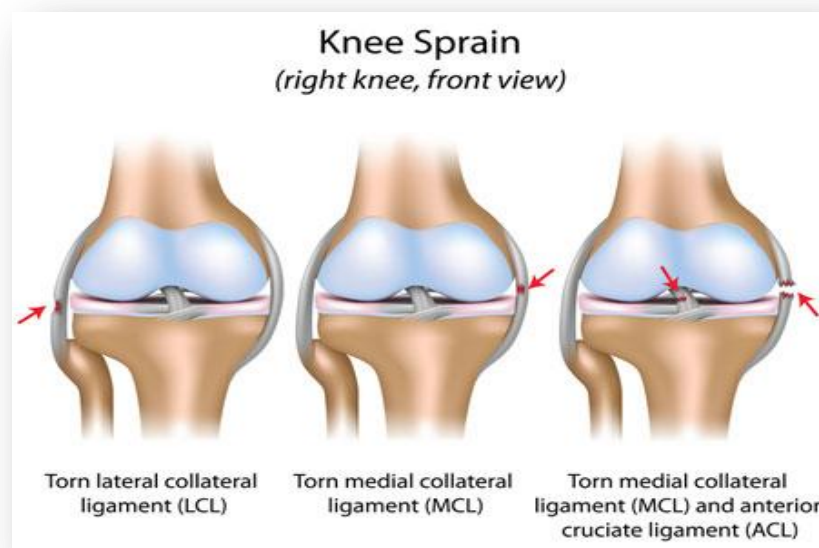
The Knee: 3 Commonly Seen Injuries

1. **Ligament Sprains:** injury involving one or more ligaments in the knee including the Anterior Cruciate Ligament (ACL), the Medial Collateral Ligament (MCL), Lateral Collateral Ligament (LCL) and the Posterior Cruciate Ligament (PCL).

-The ligaments of the knee provide stability to the joint.

-Severity dependent upon number of ligaments involved, stretched vs torn and to the degree the ligament is torn.

-RX: rest/immobilization, ice, NSAIDs, compression wrap, elevation, and/or surgery.

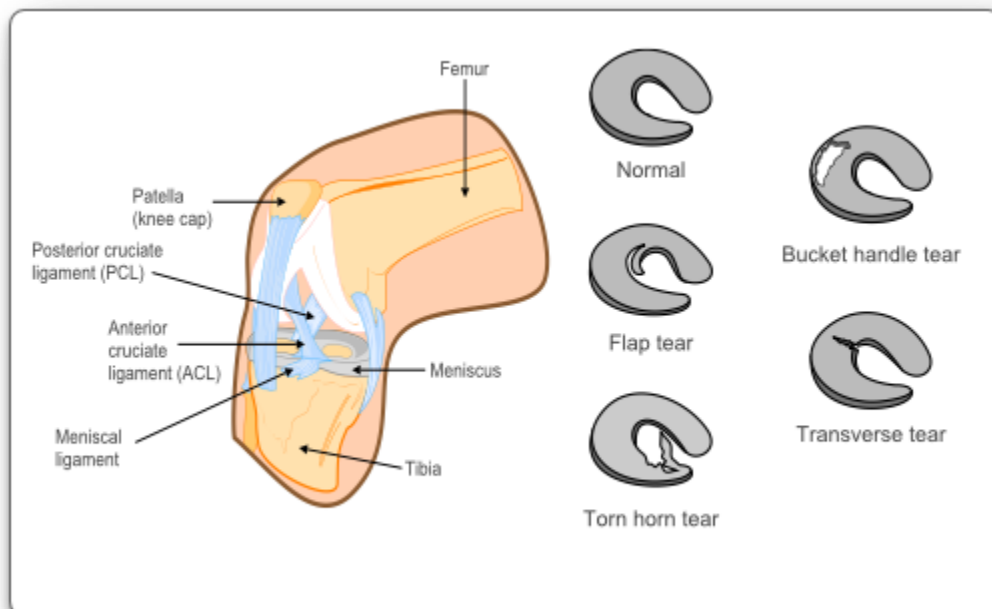


2. **Meniscus Tear:** the menisci are cartilage in nature and act as shock absorbers between the femur and tibia/fibula.

-Injury involving the medial or lateral meniscus.

-Severity and treatment depends on the size and location of the tear (see image below for types of meniscal tears).

-RX- rest/immobilization, ice, NSAIDs, compression wrap, elevation, stretching/strengthening exercise, and/or surgery.



3. **Patella Tendonitis:** Tendonitis is the inflammation of a tendon usually from overuse or can be due to an infection

-Inflammation caused by repetitive motions involving the patella tendon.

-Injury is commonly referred to as “jumpers knee.”

-RX: rest/immobilization, ice, ultrasound, NSAIDs, massage, stretching, exercise.



