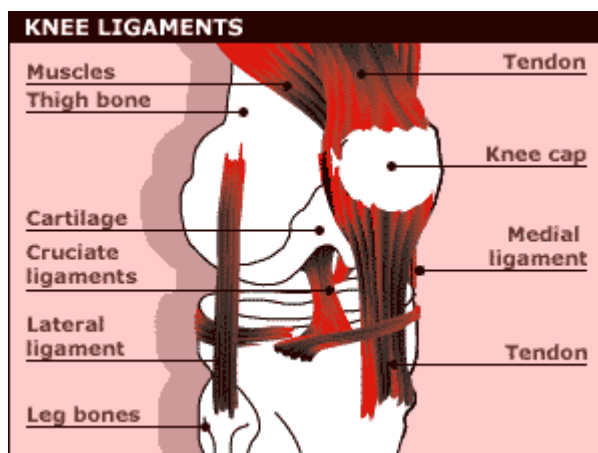


## Knee Injuries



**Ligament injuries are one of the most common injuries to the knee and very few players fully recover from the problem.**

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### Who?

Any sports person who makes sudden turns or twists, including myself!

### How?

Too much strain put on the knee, usually caused by a twisting or turning action which damages the ligaments.

Direct contact of the knee from opponents can also cause damage to the ligaments.

### How many ligaments are there in the knee?

There are four main ligaments in the knee - one on either side of the knee and two across the middle.

- ? Medial collateral ligament (MCL)
- ? Lateral collateral ligament (LCL)
- ? Anterior cruciate ligament (ACL)
- ? Posterior cruciate ligament (PCL)

### Return?

You can have a minor pull which heals within a few weeks, or a major pull which takes between one and three months. Often severe pulls require surgery; there are some good non-invasive techniques available.

If it is completely torn you could be out for a year.

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**Treatment**

Most cases do not require operations, but occasionally people run into major trouble.

The medial ligament is linked to the cartilage so further problems can result.

Physiotherapy is used as the medial ligament, being outside the joint, heals more easily than the internal cruciate ligaments.

Cruciate injuries, however, require surgery to repair the damaged ligament and several hundred such operations are carried out on sports stars each year.