Unraveling the Mystery of Knee Pain #3:
Lateral Collateral Ligament Sprains

Instructor: Ben Benjamin, Ph.D.
Thank You

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Webinar Goals

• Explore the assessment and treatment of the lateral collateral ligament.

Logistics

• Time: 60 minutes
• Schedule:
  • Presentation 30-40 minutes
  • Questions 15–20 minutes
• Ongoing questions: Use Question box. If I don’t get to your question, ask me on my Dr Ben Benjamin Facebook page after the webinar.
• Get a pen and paper please
Pretest

1. The lateral collateral ligament is contiguous with the joint capsule and therefore causes a good deal of swelling when injured. True or False?

2. Resisted medial rotation of the knee is the primary assessment test for a lateral collateral ligament injury. True or False?

3. When varus stress is positive, the lateral collateral ligament is injured. True or False?

4. Bending the knee in a standing position will make the lateral collateral ligament stand out under some tension which will make it easier to locate for palpation. True or False?

5. Injury to the lateral collateral ligament is often mistaken for an IT band injury. True or False?

6. The lateral collateral ligament is injured less often because of its more distant relationship to the joint capsule. True or False?

Anatomy

Lateral Collateral Ligament (LCL)

- AKA: fibular collateral ligament or long external lateral ligament
- Primary stabilizing ligament on the lateral aspect of the knee
Lateral Collateral Ligament (LCL)

- Thinner than medial collateral ligament (MCL)
- Not contiguous with the joint capsule
- Less susceptible to injury than MCL
- Limits sideways movement away from the midline

Lateral Collateral Ligament (LCL)

- LCL sprains are confused with biceps femoris hamstring strain
- Both are close to the attachment of the IT band

Assessment
Varus Stress Test
Straight and Bent

Passive Flexion

Passive Extension
Heat Test

Varus Self-Test

Palpation Testing:
How to easily palpate the LCL
Theory

Assessment Test Results

MI: Varus stress painful
AUX: Passive flexion
AUX: Passive Extension
AUX: Heat

Varus (pain)
Passive Flexion & Extension
(pain and limitation)

Heat Test

Detecting Hidden Swelling

• Feeling of stiffness/tightness or pressure during assessment
• Spongy end feel
Detecting Hidden Swelling

- Feeling of stiffness/tightness or pressure during assessment
- Spongy end feel

How it Happens

- Running
- Soccer
- Side-tackle
- Fall
- Poor alignment

How it Happens

- Walking on the outside of foot
- Crossing legs
- Lotus position in yoga
Treatment

Friction Therapy

Myofascial Therapy
Massage Therapy

Exercise Therapy

Squats

Abduction

Questions

Facebook.com/DrBenBenjamin
Post-test

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