Unraveling the Mystery of Knee Pain #4:
Medial and Lateral Coronary Ligament Sprains

Instructor: Ben Benjamin, Ph.D.
Webinar Goals

• Explore the assessment and treatment of one of the most ubiquitous injuries to the knee, coronary ligament sprains.

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 function of the medial coronary ligament is to limit lateral rotation. True or False?
2. The coronary ligaments attach the femur to the tibia. True or False?
3. Both coronary ligaments are attached to the medial meniscus. True or False?
4. Medial rotation of the lower leg tests the lateral coronary ligament. True or False?
5. Valgus stress test sometimes creates a false positive for the medial coronary ligament. True or False?
6. The coronary ligaments help cushion the femur on the tibia. True or False?
Anatomy

Coronary Ligaments

- Also known as menisco-tibial ligaments
- Connect inferior edges of menisci to joint capsule
- Medial coronary ligament limits lateral rotation
- Lateral coronary ligament limits medial rotation

Locating Coronary Ligaments

Medial Coronary  Lateral Coronary
Assessment

Passive Lateral Rotation

Passive Medial Rotation
False Positives

When you get a positive pain result but not for the structure you are testing.

False Positives

Lateral Pain when testing the medial collateral ligament crushes the lateral coronary ligament

False Positives

Medial Pain when testing the lateral collateral ligament crushes the medial coronary ligament
Theory

Medial Coronary Ligament
Positive Tests

MI: Passive Lateral Rotation is painful (this is a major indicator)
AUX: Passive Flexion of the Knee is painful and often limited
AUX: Passive Extension of the Knee is painful and often limited
Heat Test: The injured knee is often hot or at least warmer than the good knee

Lateral Coronary Ligament
Positive Tests

Swelling Test
Lateral Coronary Ligament

- Lateral coronary ligament is not attached to Lateral Collateral Ligament
- Lateral coronary injuries often mistaken for IT band strain, lateral hamstring injury, meniscus tear
- At times feels like the knee will collapse

Positive Tests

MI: Passive Medial Rotation is painful (this is a major indicator)
AUX: Passive Flexion of the Knee is painful and often limited
AUX: Passive Extension of the Knee is painful and often limited
Heat Test: The injured knee is often hot or at least warmer than the good knee
Swelling Test: The knee is often swollen.
How it Happens

• Dancing
• Soccer
• Basketball
• Football
• Running
• Poor knee alignment

How it Happens

• Dancing
• Soccer
• Basketball
• Football
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Treatment
Friction Therapy

Medial Coronary  Lateral Coronary

Myofascial Therapy

Massage Therapy
Exercise Therapy
Medial Coronary Ligament Stretch

Exercise Therapy
Lateral Coronary Ligament Stretch

Exercise Therapy
Questions

Facebook.com/DrBenBenjamin

Post-test
1. The function of the medial coronary ligament is to limit lateral rotation. True or False?
2. The coronary ligaments attach the femur to the tibia. True or False?
3. Both coronary ligaments are attached to the medial meniscus. True or False?
4. Medial rotation of the lower leg tests the lateral coronary ligament. True or False?
5. Valgus stress test sometimes creates a false positive for the medial coronary ligament. True or False?
6. The coronary ligaments help cushion the femur on the tibia. True or False?