A guide for patients with collateral ligament sprain of the knee

About the condition
There are two collateral ligaments, one either side of the knee, which act to stop side to side movement of the knee. Injuries to the collateral ligaments tend to occur when a person is bearing weight and the knee is forced inwards or outwards, such as slipping on ice or playing sports, such as skiing, football and rugby. The Medial Collateral Ligament (MCL) is most commonly injured.

Knee ligament sprains are graded from one to three:
Grade one: Mild sprain with ligaments stretched but not torn
Grade two: Moderate sprain with some ligaments torn
Grade three: Severe sprain with complete tear of ligaments

Symptoms
• Pain in the knee, particularly with twisting movements.
• Stiffness.
• Swelling.
• People may limp or feel that the leg is going to give way.

What you can do to help
• Mild ligament sprains can be dealt with at home using the rest, ice, compression and elevation (RICE) principles.
• If you are limping badly with pain, crutches or a stick held in the opposite hand may give some benefit.
• Regularly carry out the exercises over the page as indicated by your physiotherapist.

Contact us

Customer Care Team
If you have a query about our health services, or would like to comment, compliment or complain about Kent Community Health NHS Foundation Trust, you can contact the Customer Care Team.

Phone: 0300 123 1807, 8am to 5pm, Monday to Friday
Please say if you would like the team to call you back
Text: 07899 903499 Email: kcht.cct@nhs.net
Address: Customer Care Team, Kent Community Health NHS Foundation Trust, Unit J, Concept Court, Shearway Business Park, Folkestone, Kent CT19 4RJ Web: www.kentcht.nhs.uk

If you need communication support, an interpreter or this information in another language, audio, Braille, Easy Read or large print, please ask a member of staff.

You will be asked for your agreement to treatment and, if necessary, your permission to share your personal information.

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Exercises

Lying on your back.
Bend and straighten your leg.
Repeat ________ times.

Lying on your back.
Squeeze buttocks firmly together. Hold approx. ________ secs. Relax.
Repeat ________ times.

Lying on your back with one leg straight and the other leg bent. (You can vary the exercise by having your foot pointing either upwards, inwards or outwards).
Exercise your straight leg by pulling the toe up, straightening the knee and lifting the leg 20 cm off the bed. Hold approx 5 secs. - slowly relax.
Repeat ________ times with both legs.

Stand leaning with your back against a wall and your feet about 20 cm from the wall.
Slowly slide down the wall until your hips and knees are at right angles. Return to starting position.
Repeat ________ times.

Lying on your back with knees bent.
Squeeze your buttocks together and lift your bottom off the floor. Return to starting position.
Repeat ________ times.

Stand.
Lift good leg and maintain balance on injured leg. Use wall support when needed.