



*Shelbourne Knee Center*  
at Methodist Hospital  
Specialized Care for Knee Injuries

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**Combined Medial Collateral Ligament-Posterior Cruciate Rupture: Mechanism of Injury. Shelbourne KD, Mesko JW, McCarroll JR, et al: *Am J Knee Surg* 3:41-44, 1990.**

A series of 26 patients with combined medial collateral ligament (MCL) and posterior cruciate ligament (PCL) injuries were studied to determine the mechanism of injury. Eleven of the 26 patients initially were treated elsewhere for diagnoses of isolated MCL "sprains." Subsequent examination in our clinics identified the combined MCL-PCL injuries.

In the majority of patients (19), the mechanism of injury had been combined valgus and external rotational stress to a flexed knee, with the foot fixed in an unloaded position. Twenty-four of the patients in the series had sustained the combined injury while participating in a sports activity. We recommend that an associated PCL tear be suspected when patients present with medial laxity from combined valgus and rotational forces, especially when applied to a fixed but unloaded foot.