



Shelbourne Knee Center
at Methodist Hospital
Specialized Care for Knee Injuries

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**Diagnosis of Posterior Cruciate Ligament Injuries and Indications for Nonoperative and Operative Treatment.
Shelbourne KD, Rubinstein RA: Operative Techniques in Sports Medicine 1:99-103, 1993**

The natural history of posterior cruciate ligament (PCL) injuries is not known. A true natural history study needs to be prospective, starting at the acute injury. Therefore, determining the natural history requires that the injury be accurately diagnosed. Unfortunately, in the past, PCL injuries often have gone unrecognized, and even when they were diagnosed, their assessment was more subjective than objective. Previous reports on PCL tears have been retrospective and/or included a mixed population of both isolated and combined ligament injuries. Therefore, specific conclusions become more speculative than proven. Given this ambiguous background, it is the purpose of this article to first discuss the process of diagnosing and quantitating PCL injuries and then outline the indications for nonoperative and operative treatment. KEY WORD: posterior cruciate ligament.