



Shelbourne Knee Center
at Methodist Hospital
Specialized Care for Knee Injuries

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Isolated Posterior Cruciate Ligament Rupture: An Unusual Mechanism of Injury. Shelbourne KD, Rubinstein RA: *The American Journal of Knee Surgery* 6:84-86, 1993.

Isolated posterior cruciate ligament (PCL) injuries commonly occur from a blow on the tibial tubercle either from a fall or from a dashboard injury. Indirect injury to the PCL from twisting with the foot planted is not usually felt to be a method of causing an isolated PCL tear. Three patients with this method of injury, diagnosis on physical examination, and confirmed by magnetic resonance imaging are presented.