



Shelbourne Knee Center
at Methodist Hospital
Specialized Care for Knee Injuries

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Methodist Sports Medicine Center's Experience with Acute and Chronic Isolated Posterior Cruciate Ligament Injuries. Shelbourne KD, Rubinstein RA: *Clin Sports Med* 13:531-543, 1994

At Methodist Sports Medicine Center, orthopedic practice focuses on the evaluation and treatment of athletic injuries. Therefore, the Center's experience with posterior cruciate ligament (PCL) tears is predominantly with isolated, low energy injuries. For the past decade, the Center's goal has been to better understand the mechanism of PCL injury, to qualify and quantify the tear, and to provide long-term follow-up of both nonoperatively treated patients and operatively treated patients.

The treatment of PCL injuries requires an accurate and timely diagnosis. Because PCL tears are frequently missed, more acutely than chronically, the authors will review their thought process as well as clinical findings when determining the diagnosis. With a confirmed diagnosis and long-term follow-up data available, the natural history of an isolated PCL injury can be better understood and eventually fully defined. This natural history can help in determining appropriate treatment, whether operative or operative, for patients with PCL laxity. This article reviews and summarizes the authors' decade of experience with this challenging injury.