

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

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**Natural History Study of Athletes with Posterior Cruciate Ligament Deficient Knees. Shelbourne KD, Gray T:  
*Journal of Sport Rehab* 8: 280-289, 1999**

Few natural history studies exist of patients with isolated posterior cruciate ligament (PCL) injuries. This report reviews a study of 133 patients followed prospectively for a mean of 5.4 years from the time of their PCL injury. The mean subjective score was 84 out of 100 points, and the scores were not statistically different for different grades of PCL laxity. The injured PCL usually healed with some laxity, but the laxity did not increase with time from injury. There was a trend toward medial joint arthrosis, but it was not related to the grade of PCL laxity. Regardless of PCL laxity, one-half of the patients returned to the same sport at the same level, one-third returned to the same sport but at a lower level, and one-sixth could not return to the same sport. The results of this study can be used as a baseline for evaluating surgical treatment methods.