



Shelbourne Knee Center
at Methodist Hospital
Specialized Care for Knee Injuries

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Low-Velocity Knee Dislocation. Shelbourne KD, Porter DA, Clingman JA, et al: *Orthopaedic Review* 20:995-1004, 1991

ABSTRACT: Complete knee dislocation is an uncommon but potentially devastating injury with a reported high rate of neurovascular injury. Treatment of this ligamentous injury is controversial. The operative (repair of all ligaments) and nonoperative management of ligament injuries appears to result in a stiff knee (decreased range of motion [ROM]), and/or a significant incidence of clinical instability and pain. We report our data on low-velocity knee dislocations and present a treatment plan of noninvasive assessment of the vascular status, a stabilizing procedure centered on posterior cruciate ligament reconstruction (PCL) and an aggressive rehabilitation program that can result in improved ROM, acceptable stability, and a more optimal functional outcome.