



# UNDERSTANDING KNEE SPRAINS

*Understand your injury.  
Know your next steps.*

## Anatomy of the Knee

The knee is comprised of a complex assortment of bones, ligaments, cartilage, and muscles. The three major bones of the knee are the femur (thigh bone), tibia (shin bone), and the patella (kneecap). In addition to being supported by the menisci and the joint capsule, the knee is stabilized by ligaments. These ligaments act to prevent movement when the knee is forced beyond its normal range of motion. The main four ligaments of the knee include the anterior cruciate ligament (ACL), the posterior cruciate ligament (PCL) and the medial and lateral collateral ligaments (MCL and LCL). A sprain is classified as a stretching and subsequent tearing to any one of these ligaments.

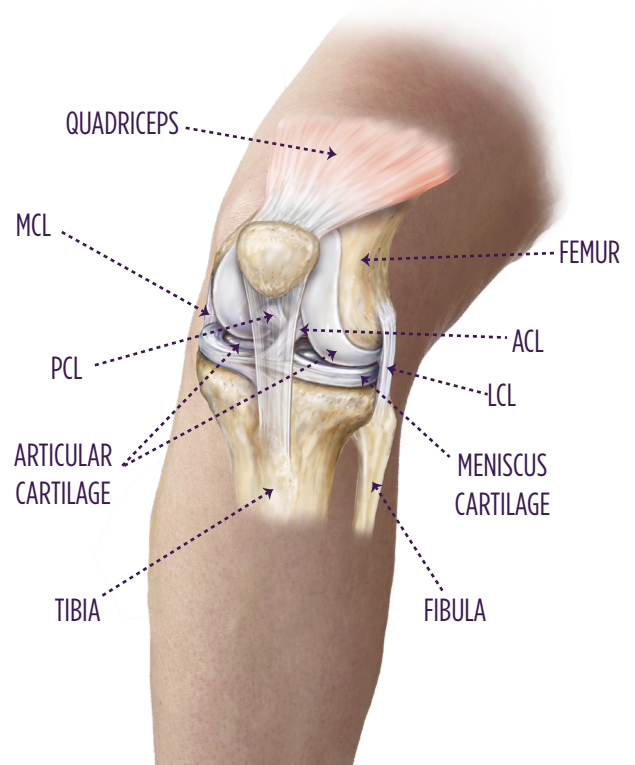
## What are the symptoms?

- >> Pain and swelling
- >> Tenderness and occasionally bruising
- >> Difficulty walking

Symptoms and their severity vary depending on the knee injury.

## How did my specialist diagnose it?

A discussion of your symptoms, a physical examination, and X-rays are useful for a diagnosis. Your specialist may recommend having an MRI as well.



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## *What are the treatment options? What does my specialist recommend?*

Your knee specialist has developed a treatment plan based on your specific situation. His or her recommendation, for you, has been selected from the treatment options below.

	TREATMENT	DESCRIPTION	MY NEXT STEP
<input type="checkbox"/>	ICE	Placing a bag of ice directly on the knee for twenty minutes prevents swelling and inflammation from occurring inside the knee	Contact us if symptoms do not improve (651) 968-5201
<input type="checkbox"/>	ANTI-INFLAMMATORY MEDICATION	Over the counter medications such as Aleve, Advil, Motrin, and aspirin can be used to help reduce swelling and pain.	Pick up medication, and start regularly taking it as your doctor recommends
<input type="checkbox"/>	BRACING	A custom splint or brace can provide support for the knee.	Set up a bracing appointment (651) 968-5201
<input type="checkbox"/>	INJECTIONS	A cost effective alternative to surgery. Medication is injected directly into the joint in the specialist's office.	Set up an injection appointment: (651) 968-5201
<input type="checkbox"/>	PHYSICAL THERAPY	A therapist can work with you to first control your pain and inflammation. They then will help you regain your strength and range of motion.	Set up a physical therapy appointment: (651) 968-5600
<input type="checkbox"/>	WELLNESS	Start with a free wellness consult to explore your goals and what tools are available to you.	Set up a wellness consultation: (651) 968-5766
<input type="checkbox"/>	INTEGRATED PHYSICAL THERAPY AND WELLNESS	Our team of physical therapists, performance specialists, and registered dietitians works collaboratively with you in designing an integrated rehabilitation plan that will help you reach your full potential.	Set up an integrated consultation: (651) 968-5766
<input type="checkbox"/>	SURGERY	If you fail to improve after nonsurgical care, your specialist may wish to intervene surgically. Your specialist can discuss the details of the surgery with you should it become necessary.	Set up surgery appointment: (651) 968-5201

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