

Posterior Cruciate Ligament (PCL)

The PCL is one of four main ligaments which hold the femur and tibia together. The PCL's main job is to keep the tibia from falling too far back (posteriorly) from the femur.

Injuries to the posterior cruciate ligament (PCL) are rare, accounting for only about 5% of all knee ligament injuries. There is disagreement among physicians over which patients with isolated PCL ruptures (that do not have any other ligament damage) should have surgery and which patients should not have surgery - and for those who need surgery, just how to perform it to achieve the best results.

The problem is that these injuries can either not cause many problems, or they can be disabling and cause considerable problems with sports and, in some cases, regular activities of daily living.



Posterior Sag sign of the tibia due to a PCL tear.

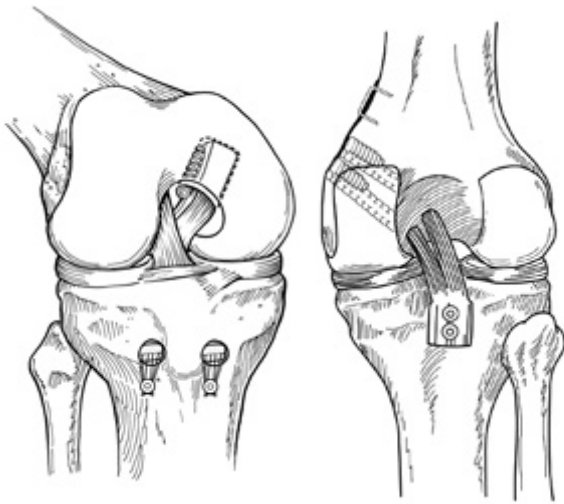
What can I expect following my surgery?

Rehabilitation is an essential element of your recovery. The success of your PCL reconstruction is not only determined by an expert surgeon, but also by following a rigorous rehabilitation program.

The program involves:

- Immediate knee motion following surgery

- Strict, immediate exercises
- Crutches for about 6 weeks
- Protection against strenuous hamstring exercises for 5 to 6 months
- Running, if desired, 6 months after surgery**
- Return to sport activity, if desired, 8 months or more after surgery**



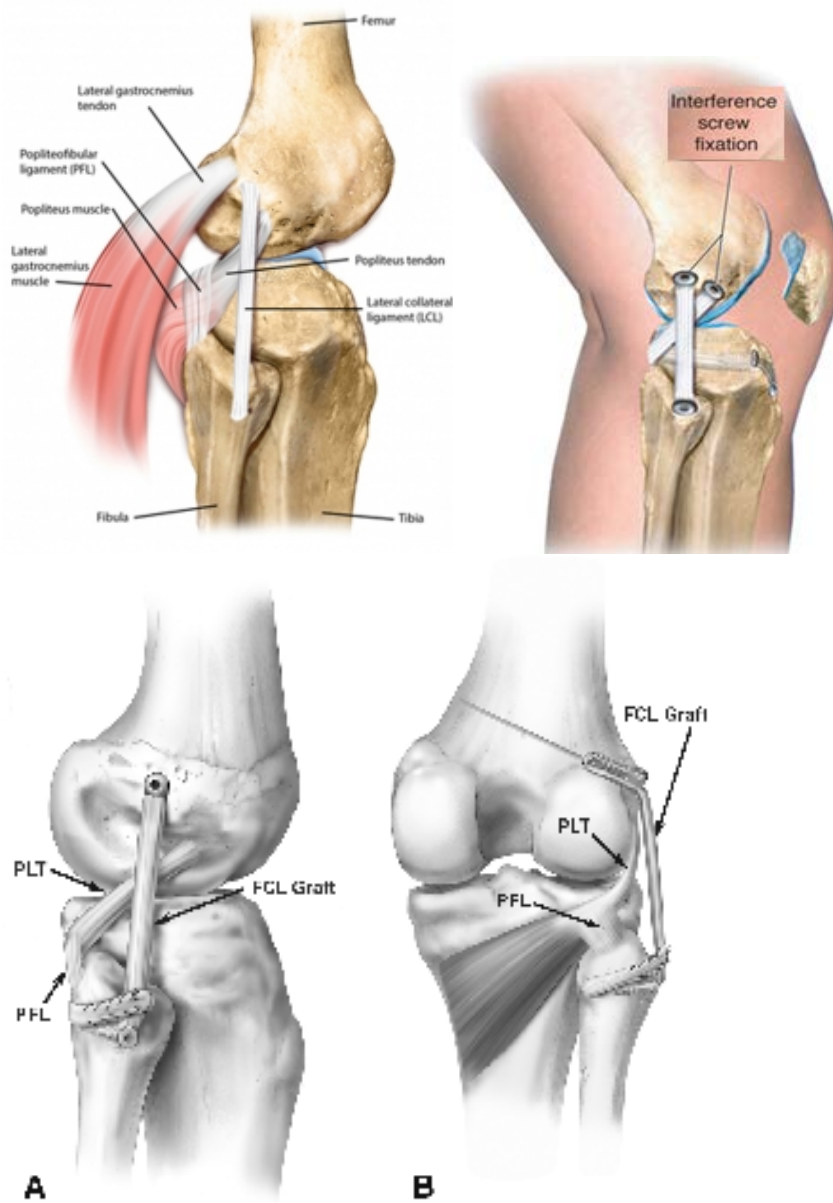
X ray after ACL reconstruction



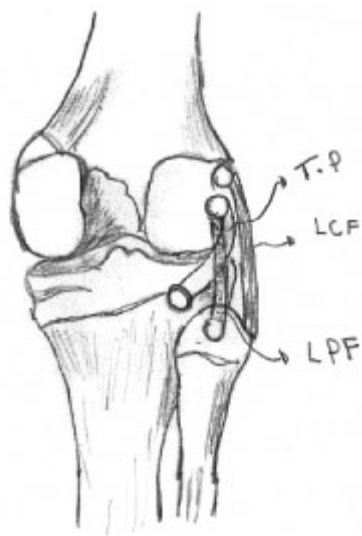
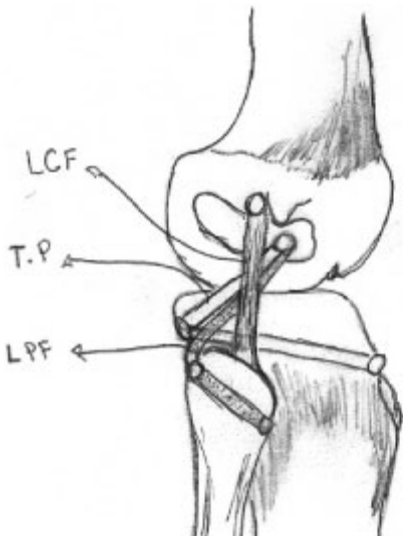
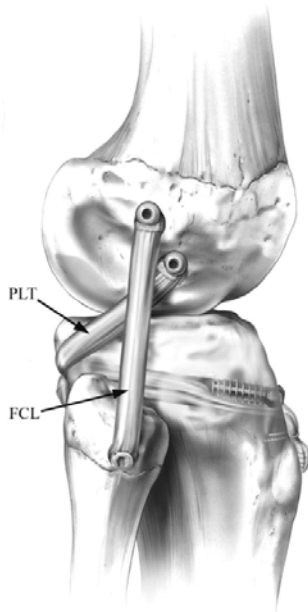
X ray after Multiple ligaments reconstruction



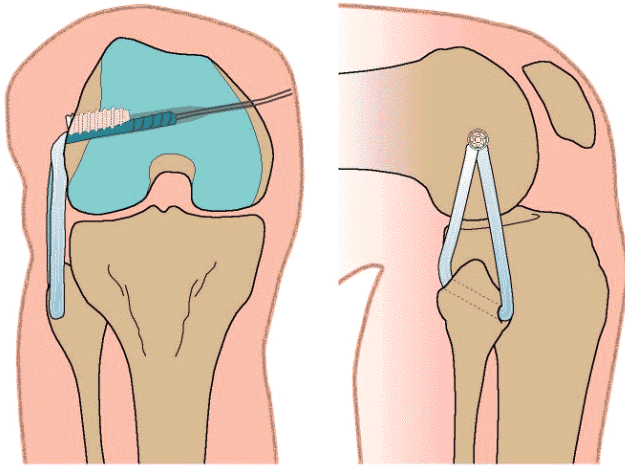
Post op x ray of ACL surgery



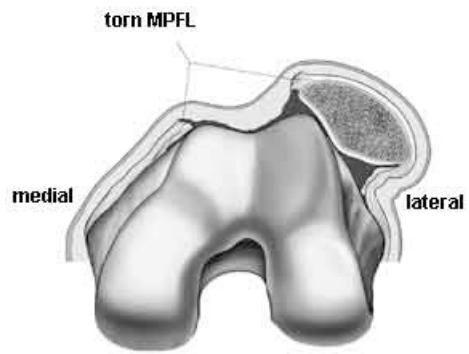
Lateral coletral ligament and posterolateral corner reconstruction



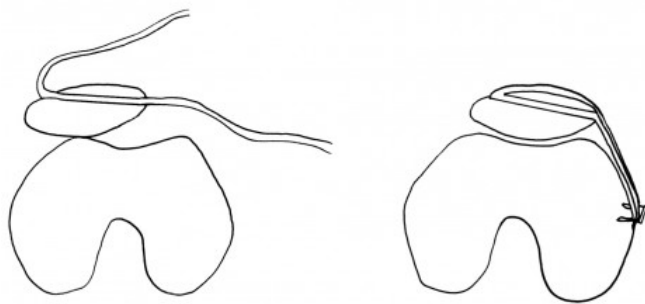
Laprade technique for
Lateral coletral ligament and posterolateral corner reconstruction



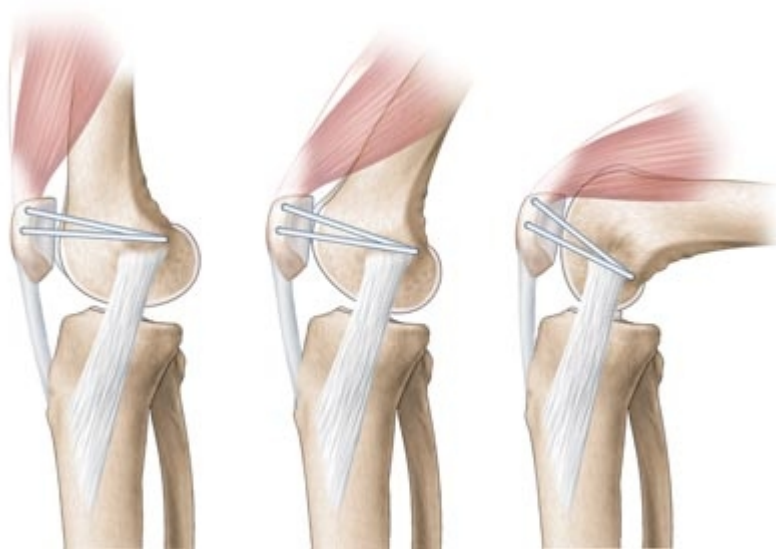
modified Larsen technique for posterolateral corner reconstruction



patellar instability



Medial patello femoral ligament reconstruction for patellar instability



Medial patello femoral ligament reconstruction for patellar instability

