

POSTEROLATERAL KNEE ANATOMY

POSTEROLATERAL KNEE ANATOMY IS A COMPLEX AND CRUCIAL AREA OF THE HUMAN BODY THAT PLAYS A SIGNIFICANT ROLE IN MOVEMENT AND STABILITY. UNDERSTANDING THE INTRICACIES OF THIS ANATOMICAL REGION IS ESSENTIAL FOR MEDICAL PROFESSIONALS, ATHLETES, AND ANYONE INTERESTED IN KNEE HEALTH. THE POSTEROLATERAL CORNER (PLC) OF THE KNEE INCLUDES VARIOUS STRUCTURES, SUCH AS LIGAMENTS, TENDONS, AND MUSCLES, WHICH CONTRIBUTE TO THE KNEE'S OVERALL FUNCTION AND STABILITY. THIS ARTICLE WILL DELVE INTO THE COMPONENTS OF THE POSTEROLATERAL KNEE ANATOMY, THEIR FUNCTIONS, COMMON INJURIES, AND TREATMENT OPTIONS. ADDITIONALLY, WE WILL EXPLORE THE IMPORTANCE OF THIS REGION IN ATHLETIC PERFORMANCE AND REHABILITATION.

- INTRODUCTION TO POSTEROLATERAL KNEE ANATOMY
- ANATOMICAL STRUCTURES OF THE POSTEROLATERAL KNEE
- FUNCTIONS OF THE POSTEROLATERAL STRUCTURES
- COMMON INJURIES IN THE POSTEROLATERAL KNEE
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ANATOMICAL STRUCTURES OF THE POSTEROLATERAL KNEE

THE POSTEROLATERAL CORNER OF THE KNEE IS COMPOSED OF SEVERAL CRITICAL STRUCTURES THAT WORK TOGETHER TO PROVIDE STABILITY AND SUPPORT. KEY COMPONENTS INCLUDE LIGAMENTS, TENDONS, AND THE JOINT CAPSULE. UNDERSTANDING THESE STRUCTURES IS FUNDAMENTAL TO GRASPING HOW THE KNEE FUNCTIONS AND THE IMPLICATIONS OF INJURIES IN THIS AREA.

LIGAMENTS

THE PRIMARY LIGAMENTS IN THE POSTEROLATERAL CORNER INCLUDE:

- **FIBULAR COLLATERAL LIGAMENT (FCL):** THIS LIGAMENT RUNS FROM THE FEMUR TO THE FIBULA, PROVIDING LATERAL STABILITY TO THE KNEE.
- **POSTERIOR CRUCIATE LIGAMENT (PCL):** WHILE PRIMARILY LOCATED IN THE CENTER OF THE KNEE, THE PCL PLAYS A ROLE IN POSTEROLATERAL STABILITY BY PREVENTING POSTERIOR TRANSLATION OF THE TIBIA.
- **POPLITEOFIBULAR LIGAMENT:** THIS LIGAMENT CONNECTS THE FEMUR TO THE FIBULA AND REINFORCES THE POSTEROLATERAL CORNER.

TENDONS AND MUSCLES

SEVERAL TENDONS AND MUSCLES CONTRIBUTE TO THE FUNCTIONALITY OF THE POSTEROLATERAL KNEE:

- **POPLITEUS MUSCLE:** THIS SMALL MUSCLE IS CRUCIAL FOR KNEE FLEXION AND UNLOCKING THE KNEE FROM EXTENSION.
- **BICEPS FEMORIS TENDON:** PART OF THE HAMSTRING GROUP, THIS TENDON ASSISTS IN KNEE FLEXION AND STABILIZATION.

FUNCTIONS OF THE POSTEROLATERAL STRUCTURES

THE STRUCTURES WITHIN THE POSTEROLATERAL CORNER OF THE KNEE SERVE SEVERAL VITAL FUNCTIONS THAT ARE ESSENTIAL FOR PROPER KNEE MECHANICS. THE INTEGRITY AND FUNCTIONALITY OF THESE COMPONENTS ARE CRUCIAL FOR MAINTAINING KNEE STABILITY, PARTICULARLY DURING DYNAMIC MOVEMENTS.

STABILITY AND SUPPORT

THE POSTEROLATERAL STRUCTURES PROVIDE LATERAL STABILITY TO THE KNEE JOINT, PARTICULARLY DURING ACTIVITIES THAT INVOLVE CUTTING OR PIVOTING. THIS STABILITY IS ESSENTIAL FOR PREVENTING EXCESSIVE MOVEMENT THAT CAN LEAD TO INJURIES. THE FCL AND OTHER LIGAMENTS RESIST VARUS STRESS, WHICH IS A FORCE THAT PUSHES THE KNEE INWARD.

KNEE MOVEMENT

THESE STRUCTURES ALSO FACILITATE SMOOTH MOVEMENT OF THE KNEE JOINT. THE POPLITEUS MUSCLE, FOR INSTANCE, IS VITAL FOR INITIATING KNEE FLEXION AND ENSURING PROPER TRACKING OF THE KNEE JOINT DURING MOTION. ADDITIONALLY, THE INTERACTION BETWEEN THE LIGAMENTS AND TENDONS ALLOWS FOR COORDINATED MOVEMENTS ESSENTIAL FOR ATHLETIC PERFORMANCE.

COMMON INJURIES IN THE POSTEROLATERAL KNEE

INJURIES TO THE POSTEROLATERAL CORNER CAN OCCUR DUE TO TRAUMA, OVERUSE, OR IMPROPER MECHANICS. UNDERSTANDING THE COMMON INJURIES IN THIS AREA IS ESSENTIAL FOR EFFECTIVE DIAGNOSIS AND TREATMENT.

TYPES OF INJURIES

COMMON INJURIES THAT AFFECT THE POSTEROLATERAL KNEE INCLUDE:

- **LIGAMENT SPRAINS:** THESE CAN OCCUR WHEN THE KNEE IS SUBJECTED TO EXCESSIVE STRESS, LEADING TO PARTIAL OR COMPLETE TEARS OF THE FCL OR OTHER LIGAMENTS.
- **MENISCUS TEARS:** THE LATERAL MENISCUS IS PARTICULARLY SUSCEPTIBLE TO INJURY IN THE CONTEXT OF POSTEROLATERAL INSTABILITY.

- **POPLITEUS STRAIN:** OVERSTRETCHING OR OVERUSE OF THE POPLITEUS MUSCLE CAN LEAD TO STRAINS, AFFECTING KNEE FUNCTION.

SYMPTOMS OF POSTEROLATERAL KNEE INJURIES

INDIVIDUALS WITH INJURIES TO THE POSTEROLATERAL KNEE MAY EXPERIENCE:

- PAIN AND TENDERNESS ON THE OUTER SIDE OF THE KNEE
- SWELLING AND INFLAMMATION
- INSTABILITY OR A FEELING OF GIVING WAY
- DIFFICULTY IN BEARING WEIGHT OR MOVING THE KNEE

DIAGNOSTIC TECHNIQUES FOR POSTEROLATERAL KNEE INJURIES

ACCURATE DIAGNOSIS OF POSTEROLATERAL KNEE INJURIES IS CRUCIAL FOR EFFECTIVE TREATMENT. VARIOUS DIAGNOSTIC TECHNIQUES ARE EMPLOYED TO ASSESS THE EXTENT OF INJURY AND TO FORMULATE A TREATMENT PLAN.

PHYSICAL EXAMINATION

A THOROUGH PHYSICAL EXAMINATION BY A HEALTHCARE PROFESSIONAL IS OFTEN THE FIRST STEP. THE CLINICIAN WILL ASSESS THE KNEE'S RANGE OF MOTION, STABILITY, AND ANY SIGNS OF SWELLING OR TENDERNESS.

IMAGING TECHNIQUES

IMAGING STUDIES ARE COMMONLY USED TO CONFIRM DIAGNOSES AND ASSESS THE SEVERITY OF INJURIES. COMMON IMAGING TECHNIQUES INCLUDE:

- **X-RAYS:** USEFUL FOR RULING OUT FRACTURES OR BONE-RELATED ISSUES.
- **MAGNETIC RESONANCE IMAGING (MRI):** PROVIDES DETAILED IMAGES OF SOFT TISSUES, LIGAMENTS, AND CARTILAGE, ESSENTIAL FOR EVALUATING INJURIES IN THE POSTEROLATERAL REGION.

TREATMENT OPTIONS FOR POSTEROLATERAL KNEE INJURIES

EFFECTIVE TREATMENT OF POSTEROLATERAL KNEE INJURIES DEPENDS ON THE SPECIFIC STRUCTURES INVOLVED AND THE SEVERITY OF THE INJURY. TREATMENT OPTIONS CAN BE CONSERVATIVE OR SURGICAL.

CONSERVATIVE TREATMENTS

INITIAL TREATMENT OFTEN INVOLVES CONSERVATIVE MEASURES, WHICH MAY INCLUDE:

- **REST AND ICE:** REDUCING ACTIVITY AND APPLYING ICE TO MINIMIZE SWELLING.
- **PHYSICAL THERAPY:** A STRUCTURED REHABILITATION PROGRAM TO STRENGTHEN SURROUNDING MUSCLES AND IMPROVE STABILITY.
- **BRACING:** USING BRACES TO SUPPORT THE KNEE DURING RECOVERY.

SURGICAL OPTIONS

IN CASES OF SEVERE INJURIES, SURGICAL INTERVENTION MAY BE NECESSARY. SURGICAL OPTIONS CAN INCLUDE:

- **LIGAMENT RECONSTRUCTION:** REPAIRING OR RECONSTRUCTING TORN LIGAMENTS.
- **MENISCUS REPAIR:** SURGICAL REPAIR OF TORN MENISCAL TISSUE.

REHABILITATION AND RECOVERY

THE REHABILITATION PROCESS IS CRITICAL FOR RECOVERY FROM POSTEROLATERAL KNEE INJURIES. A WELL-STRUCTURED REHABILITATION PROGRAM CAN HELP RESTORE FUNCTION AND PREVENT RE-INJURY.

REHABILITATION GOALS

THE PRIMARY GOALS OF REHABILITATION INCLUDE:

- REDUCING PAIN AND SWELLING
- RESTORING RANGE OF MOTION
- REBUILDING STRENGTH AND STABILITY
- GRADUALLY RETURNING TO ACTIVITIES AND SPORTS

PHASES OF REHABILITATION

REHABILITATION TYPICALLY PROGRESSES THROUGH VARIOUS PHASES:

- **INITIAL PHASE:** FOCUS ON REDUCING PAIN AND SWELLING, OFTEN THROUGH REST AND GENTLE MOVEMENTS.
- **STRENGTHENING PHASE:** INCORPORATING EXERCISES TO STRENGTHEN THE KNEE AND SURROUNDING MUSCLES.
- **FUNCTIONAL PHASE:** GRADUAL RETURN TO SPORT-SPECIFIC ACTIVITIES, EMPHASIZING AGILITY AND STABILITY.

CONCLUSION

UNDERSTANDING POSTEROLATERAL KNEE ANATOMY IS ESSENTIAL FOR RECOGNIZING THE COMPLEXITIES OF KNEE FUNCTION AND THE IMPLICATIONS OF INJURIES IN THIS AREA. THE INTRICATE NETWORK OF LIGAMENTS, TENDONS, AND MUSCLES PLAYS A PIVOTAL ROLE IN MAINTAINING KNEE STABILITY AND FACILITATING MOVEMENT. AWARENESS OF COMMON INJURIES AND THEIR TREATMENT OPTIONS, RANGING FROM CONSERVATIVE MEASURES TO SURGICAL INTERVENTIONS, IS VITAL FOR EFFECTIVE MANAGEMENT AND REHABILITATION. AS RESEARCH AND SPORTS SCIENCE CONTINUE TO EVOLVE, SO TOO WILL OUR UNDERSTANDING OF THIS CRITICAL REGION, LEADING TO IMPROVED OUTCOMES FOR THOSE AFFECTED BY POSTEROLATERAL KNEE INJURIES.

Q: WHAT IS THE POSTEROLATERAL CORNER OF THE KNEE?

A: THE POSTEROLATERAL CORNER OF THE KNEE IS A COMPLEX ANATOMICAL REGION THAT INCLUDES VARIOUS LIGAMENTS, TENDONS, AND MUSCLES. IT PLAYS A VITAL ROLE IN STABILIZING THE KNEE, PARTICULARLY DURING LATERAL MOVEMENTS AND ACTIVITIES THAT REQUIRE PIVOTING.

Q: WHAT ARE THE MAJOR LIGAMENTS INVOLVED IN POSTEROLATERAL KNEE ANATOMY?

A: THE MAJOR LIGAMENTS INVOLVED IN POSTEROLATERAL KNEE ANATOMY INCLUDE THE FIBULAR COLLATERAL LIGAMENT (FCL), THE POSTERIOR CRUCIATE LIGAMENT (PCL), AND THE POPLITEOFIBULAR LIGAMENT. THESE LIGAMENTS PROVIDE STABILITY AND SUPPORT TO THE KNEE JOINT.

Q: WHAT TYPES OF INJURIES ARE COMMON IN THE POSTEROLATERAL KNEE?

A: COMMON INJURIES IN THE POSTEROLATERAL KNEE INCLUDE LIGAMENT SPRAINS, MENISCUS TEARS, AND POPLITEUS STRAINS. THESE INJURIES OFTEN RESULT FROM TRAUMA, OVERUSE, OR IMPROPER BIOMECHANICS DURING PHYSICAL ACTIVITY.

Q: HOW ARE POSTEROLATERAL KNEE INJURIES DIAGNOSED?

A: POSTEROLATERAL KNEE INJURIES ARE DIAGNOSED THROUGH A COMBINATION OF PHYSICAL EXAMINATIONS AND IMAGING TECHNIQUES SUCH AS X-RAYS AND MRI SCANS, WHICH HELP ASSESS THE EXTENT OF THE INJURY AND THE INVOLVED STRUCTURES.

Q: WHAT ARE THE CONSERVATIVE TREATMENT OPTIONS FOR POSTEROLATERAL KNEE INJURIES?

A: CONSERVATIVE TREATMENT OPTIONS INCLUDE REST, ICE APPLICATION, PHYSICAL THERAPY, AND BRACING. THESE METHODS AIM TO REDUCE PAIN AND SWELLING WHILE PROMOTING HEALING AND RESTORING KNEE FUNCTION.

Q: WHEN IS SURGERY NECESSARY FOR POSTEROLATERAL KNEE INJURIES?

A: SURGERY MAY BE NECESSARY FOR SEVERE INJURIES INVOLVING COMPLETE LIGAMENT TEARS OR SIGNIFICANT MENISCAL DAMAGE THAT CANNOT BE EFFECTIVELY TREATED THROUGH CONSERVATIVE MEANS.

Q: WHAT ARE THE REHABILITATION GOALS AFTER A POSTEROLATERAL KNEE INJURY?

A: REHABILITATION GOALS INCLUDE REDUCING PAIN AND SWELLING, RESTORING RANGE OF MOTION, REBUILDING STRENGTH, AND GRADUALLY RETURNING TO SPORTS AND ACTIVITIES, ENSURING A SAFE AND EFFECTIVE RECOVERY.

Q: HOW LONG DOES RECOVERY TAKE FOR POSTEROLATERAL KNEE INJURIES?

A: RECOVERY TIME VARIES DEPENDING ON THE SEVERITY OF THE INJURY AND THE TREATMENT APPROACH. CONSERVATIVE MANAGEMENT MAY TAKE SEVERAL WEEKS, WHILE SURGICAL RECOVERY CAN EXTEND TO SEVERAL MONTHS, OFTEN REQUIRING A STRUCTURED REHABILITATION PROGRAM.

Q: CAN POSTEROLATERAL KNEE INJURIES AFFECT ATHLETIC PERFORMANCE?

A: YES, INJURIES IN THE POSTEROLATERAL CORNER CAN SIGNIFICANTLY IMPACT ATHLETIC PERFORMANCE BY LIMITING KNEE STABILITY, RANGE OF MOTION, AND STRENGTH, WHICH ARE CRUCIAL FOR ACTIVITIES INVOLVING CUTTING, PIVOTING, AND RUNNING.

Q: IS IT POSSIBLE TO PREVENT POSTEROLATERAL KNEE INJURIES?

A: WHILE NOT ALL INJURIES CAN BE PREVENTED, STRENGTHENING THE MUSCLES AROUND THE KNEE, IMPROVING FLEXIBILITY, USING PROPER TECHNIQUES DURING SPORTS, AND WEARING APPROPRIATE FOOTWEAR CAN HELP REDUCE THE RISK OF POSTEROLATERAL KNEE INJURIES.

Posterolateral Knee Anatomy

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posterolateral knee anatomy: *Posterolateral Knee Injuries* Robert F. LaPrade, 2006 Covers the expansion in knee treatment options with the methods for diagnosis, treatment, and reconstruction of the knee. This book also offers evaluation and testing techniques, relevant anatomy and biomechanics, and extended discussion of rehabilitative methods and possible complications.

posterolateral knee anatomy: *Clinical Anatomy of the Knee* Murat Bozkurt, Halil İbrahim Açar, 2021-05-13 This book provides detailed information on functional anatomy, physical examination, and clinical radiology of the knee with a view to enabling the clinician to identify the most suitable treatment approach to different knee joint pathologies. In addition, the arthroscopic treatment techniques most frequently employed in patients with these conditions are described, with presentation of numerous arthroscopic images detailing characteristic findings. Knee joint pathologies today represent a significant challenge owing to the complexity of the injuries suffered,

rising activity levels, and high patient expectations. A proper physical examination plays an important role in diagnosis. The surgeon who has the opportunity to conduct a clinical evaluation must fully understand the role of radiological evaluations, and assessment by a radiology expert is also necessary. In all cases, knowledge of the normal anatomy and its correlation with clinical and radiological findings is fundamental to correct diagnosis and treatment selection. Surgeons and trainees with an interest in knee joint pathologies will find this book to be an excellent, richly illustrated educational guide to the subject.

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posterolateral knee anatomy: Insall & Scott Surgery of the Knee E-Book W. Norman Scott, 2017-02-10 Insall & Scott Surgery of the Knee by Dr. W. Norman Scott remains the definitive choice for guidance on the most effective approaches for the diagnosis and management of the entire scope of knee disorders. This edition reflects a complete content overhaul, with more than 50 new chapters and over 400 contributors from around the world. The video program includes 70 new video clips, while new and expanded material covers a range of hot topics, including same-day surgery and hospital management of knee arthroplasty patients and anesthesia specific for knee surgery. - Extensive visual elements and video program include nearly 70 new videos -- over 230 in total - as well as a Glossary of Implants featuring 160 demonstrative pictures. - Over 50 new chapters and brand-new sections on Same Day Surgery and Hospital Management of Knee Arthroplasty Patients; Quality and Payment Paradigms for TKA; Anesthesia Specific for Knee Surgery; and Preoperative Assessment, Perioperative Management, and Postoperative Pain Control. - An expanded Adult Reconstruction Section informs readers about Enhanced Primary Revision and the treatment of Peri-prosthetic fractures in TKA. - Includes enhanced worldwide approaches for all aspects of disorders of the knee from nearly 400 contributors worldwide. - Boasts updated pediatric knee considerations and updated tumor surgery principles for the treatment of tumors about the knee. - Expert Consult eBook version included with purchase. This enhanced eBook experience allows you to search all of the text, figures, images, videos (including video updates), glossary, and references from the book on a variety of devices.

posterolateral knee anatomy: AANA Advanced Arthroscopy: The Knee Robert E. Hunter, Nicholas A. Sgaglione, 2010-07-06 AANA Advanced Arthroscopy: The Knee, by Robert E. Hunter, MD and Nicholas A. Sgaglione, MD, helps you make the most effective use of advanced and emerging,

state-of-the-art arthroscopic techniques for managing a wide range of knee problems. Premier arthroscopic surgeons discuss disease-specific options, managing and avoiding complications, and rehabilitation protocols. in print and online. 14 videos demonstrate tibial plateau fracture management system, anteromedial tibial tubercle transfer, osteochondral allograft for a femoral condyle defect, anatomic single bundle ACL reconstruction, anatomic reconstruction of the posterolateral corner, and more. Access the fully searchable text, along with a video library of procedures and links to PubMed online at expertconsult.com. Stay current through coverage of hot topics like Chondrocyte Transplantation Techniques, Proximal Tibial Osteotomy, Anatomic Single Bundle ACL Reconstruction, Single Bundle PCL Reconstruction, Inlay PCL Reconstruction, and Anatomic Reconstruction of the Posterolateral Corner. Hone your skills thanks to 14 videos of techniques-on Tibial Plateau Fracture Management System, Anteromedial Tibial Tubercle Transfer, Osteochondral Allograft for a Femoral Condyle Defect, Anatomic Single Bundle ACL Reconstruction, Anatomic Reconstruction of the Posterolateral Corner, and more-performed by experts. See arthroscopic surgical details in full color and understand nuances through interpretative drawings of technical details. Optimize surgical results and outcomes with an emphasis on advanced and emerging arthroscopic techniques, surgical tips, and pearls.

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unicompartmental knee replacement, return to sports after injury, along with 1500 new study references supporting treatment recommendations. - Features all-new content on unicompartmental and patellofemoral knee replacement, updated operative procedures for posterior cruciate ligament and posterolateral ligament deficiency, updated postoperative rehabilitation protocols, and new information on cartilage restoration procedures and meniscus transplantation. - Includes some of the most comprehensive and advanced discussions on arthrofibrosis, complex regional pain syndrome, tibial and femoral osteotomies, and posterolateral reconstructions available in modern published literature. - Covers gender disparities in ligament injuries for more effective analysis and management. - Includes access to 46 outstanding videos encompassing nearly 11 hours of surgery, live patient rounds, and live presentations. - Expert Consult eBook version included with purchase. This enhanced eBook experience allows you to search all of the text, figures, images, and references from the book on a variety of devices.

posterolateral knee anatomy: MRI of the Knee Nicolae V. Bolog, Gustav Andreisek, Erika J. Ulbrich, 2015-01-30 This book is divided into chapters that cover MRI of all structures of the knee joint in the order that is usually used in practice – cruciate ligaments, collateral ligaments, menisci, cartilage, subchondral bone, patella, synovia, muscles and tendons, arteries, veins and bones. With the aid of numerous images, each chapter provides comprehensive descriptions of the anatomy, the normal MR appearance, pathological MR findings, and postoperative MRI appearance. A text box at the end of each chapter clearly describes how the MRI report should be compiled and identifies what should be included when reporting on specific lesions. The book will be an ideal guide for radiologists and will also be relevant for orthopaedic surgeons, rheumatologists, and physiotherapists.

posterolateral knee anatomy: L'arthroscopie du genou Société Francophone D'Arthroscopie, Christel Conso, 2023-01-10 Parmi les nombreuses actions que mène la Société Francophone d'Arthroscopie (SFA), figure en bonne place la formation continue des arthroscopistes en devenir mais aussi celle des chirurgiens plus expérimentés. Devant les succès de l'ouvrage L'Arthroscopie et afin de répondre à l'évolution des pratiques spécifiques dans ce domaine, la SFA a souhaité décliner les articulations dans des volumes séparés. Ce cinquième volume est consacré à l'arthroscopie du genou, en augmentation croissante, et accorde une large place à toutes les évolutions touchant à cette articulation : pathologie synoviale et cartilagineuse, pathologie méniscale et pathologie ligamentaire (et appareil extenseur). Un nombre important de lésions – pathologiques ou traumatologiques – sont abordées tout au long de cet ouvrage : • les lésions ou déchirures des ménisques • les entorses des ligaments croisés • les reconstructions du ligament croisé • les lésions dues aux accidents du sport • les lésions traumatiques du cartilage • l'arthrose • les maladies ou arthrites inflammatoires • les infections ou arthrites septiques du genou Le contenu, exhaustif et didactique, est enrichi de plus de 400 illustrations (dessins anatomiques et clichés d'arthroscopie) et d'une quarantaine de vidéos afin d'approcher au plus près la réalité du geste chirurgical. Cet ouvrage s'adresse à tous les chirurgiens orthopédistes, jeunes praticiens et praticiens confirmés

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posterolateral knee anatomy: Posterior Cruciate Ligament Injuries Gregory C. Fanelli, MD, 2015-02-27 Now in a revised and expanded second edition including ten new chapters, this classic text on the diagnosis and management of posterior cruciate ligament injuries represents the state of the art. Comprehensive and used-friendly, the book covers PCL anatomy and biomechanics,

diagnosis and evaluation, and both surgical and non-surgical treatment strategies. Surgical chapters discuss graft selection and open and arthroscopic techniques, including both primary and revision surgery and combined reconstruction with other knee ligaments. New chapters illustrate cutting-edge and advanced surgical techniques in reconstruction and primary repair, articular cartilage resurfacing and meniscus transplant in the PCL injured knee, mechanical graft tensioning, the role of osteotomy, treatment of PCL injuries in children, results of treatment and outcomes data in PCL injuries, clinical case studies, and the editor's experience chapter based on 24 years of treating PCL injuries. Complications, bracing and rehabilitation round out the presentation. Written and edited by leaders in the management of injuries to the knee, this will be an invaluable text for orthopedic surgeons and sports medicine practitioners alike.

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