

CALLATERAL LIGAMENT INJURY OF THE KNEE



Injury to the collateral ligaments are more common during contact sports such as Rugby or Soccer. The player will give a history of a valgus or varus stress to a partially flexed knee resulting in medial or lateral pain.

The injury may be a grade 1 injury with tenderness over the ligament and no laxity with a stress test at 30 degree knee flexion. The injury may be a grade 2 injury with marked tenderness over the ligament and possible swelling. On a stress test at 30 degrees knee flexion, there will be pain and laxity. A grade 2 injury is not discussed.

Leukotape K 50mm is used in the treatment of a grade 1 or a grade 2 ligament injury in order to give the patient support and to increase stimulation of the mechanoreceptors. If the result of the taping with a grade 2 injury is not adequate, a stabilizing brace may be used.

The application technique for a medial collateral ligament is as follows:

- The tape is measured for the desired length. Because the lower section will have 100% stretch applied to it, cut the tape at the ? mark of the measured length.
- Cut 2/3rds of the tape into two strips.

- The patient stands in front of the physiotherapist with the knee flexed to 90 degrees and the foot placed on a stool. The lower leg is rotated inwards.
- Starting on the anterior medial side of the tibia, secure the base of the tape at an angle as seen in Photo 1.
- With 100% tension, place the tape over the length of the medial collateral ligament and rub the tape to activate the glue.
- The patient then stands with both feet on the ground and the two ends are placed on the skin with no tension. See Photo 2. This section of the tape is then rubbed to activate the glue.
- The tapes are placed over the adductors and medial hamstrings, the theory being that this will stimulate the muscles.

Please forward any queries or comments with respect to injuries, techniques or Leuko products to askleuko@bsnmedical.com for advice from the Leuko Strapping Panel, who are members of the South African Society of Physiotherapy. Selected questions will be loaded onto the BSN Medical website www.bsnmedical.co.za for reference purposes.

Refer to the Leuko Strapping Guide for basic guidelines.

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