



Learning Objectives

MedBridge Education Inc.

Knee Realities: Managing Collateral Ligament Injuries Part 1

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Upon completion of this course, learners will:

- Have an appreciation of the layers of the medial complex
- Be able to describe the relationship of the deep medial complex fibers to the medial meniscus.
- Be able to describe the shape of the medial ligamentous complex
- Be able to describe how the MCL and LCL are tightest in extension
- Be able to describe why assessment of these structures must be done supine not long sitting
- Be able to describe the sailboat analogy for the MCL
- Describe why MCL injuries are so common and why their care can be non-operative
- Describe why LCL injuries are often treated surgically