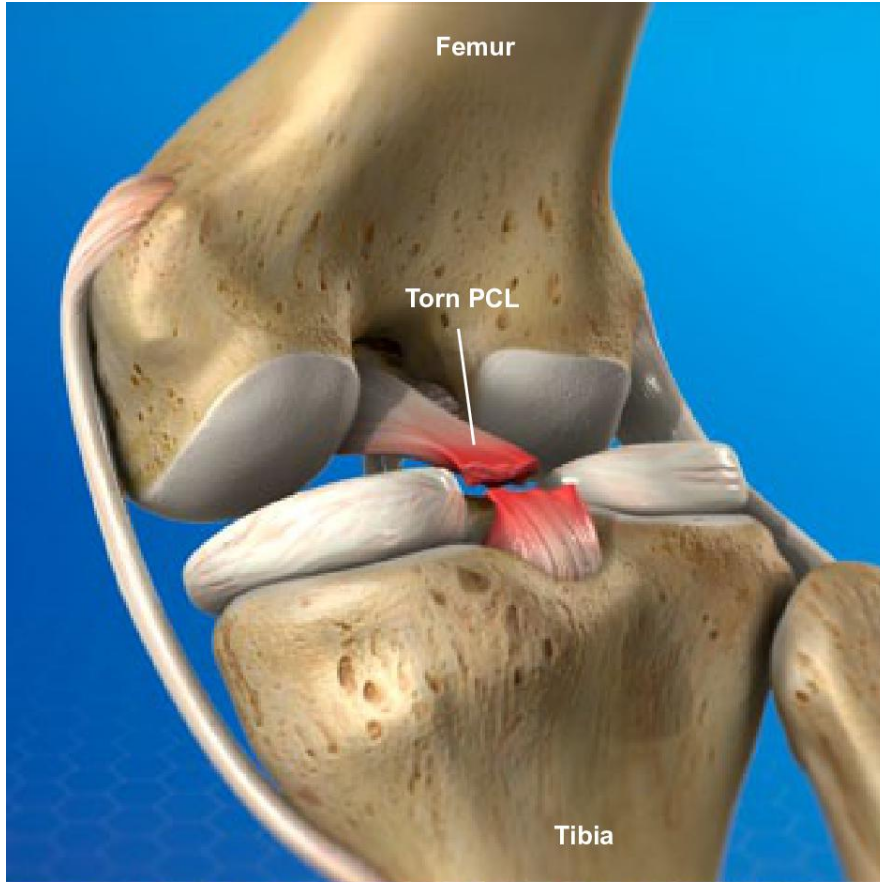




## Posterior Cruciate Ligament (PCL) Injuries



### Overview

Strong bands of tissue called "ligaments" help stabilize the bones that form the knee joint. One of these ligaments is called the "PCL." It helps connect the femur to the tibia. If you stretch or tear a PCL, your knee may become unstable.

### Causes

The PCL can be injured by a sudden blow to the front of your knee when your knee is bent. That can happen if you play contact sports. It can happen if you have a road accident. You can also injure the PCL if you misstep and twist your knee.

### Symptoms

A PCL injury causes pain and swelling. Your knee may feel stiff. You may have trouble walking. And, your knee may feel unstable.

### Treatment

Treatment depends on your needs. Some injuries can heal on their own. You may benefit from options such as rest, a knee brace and physical therapy. If these aren't helpful, you may need surgery to repair the ligament. Your healthcare provider can create a plan that's right for you.

