

Role of Physiotherapy in the Management of Medial Collateral Ligament Injuries of Knee joints

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Abstract

Background: Knee joint is one of the most important joint of our body. It has various ligaments which are frequently injured among them medial collateral ligament (MCL) is common. Surgical reconstruction of MCL injury is not free from risks. Physiotherapy might be useful in injuries of MCL. Hence the present study was planned to observe impact of physiotherapy in MCL injury cases. **Materials & Methods:** A total of 55 patients suffering from MCL injuries participated in the study. Lysholm scale was used for assessment of subjective feelings. Exercises advised were Isometric Quadriceps exercise, Active knee extension and strengthening exercises to quadriceps and hamstrings. **Results:** When control and experimental groups were compared after calculating the mean score according to lysholm scoring scale, proportion of patients in control group had symptoms in daily activities while in experimental group patients had symptoms in vigorous activities. **Conclusion:** It can be concluded that conservative management like exercises has very good effect in the management of MCL injures of knee joint.