

Focus On: Posterior Cruciate Ligament Injury

The posterior cruciate ligament, or PCL, is a band of tissue that crosses the center of your knee joint.

It connects your thighbone to the bone of your lower leg.

The PCL helps keep the knee stable and helps control rotation.

A PCL injury can vary in severity. It can be a slight stretch to a complete tear of the ligament.

Symptoms may include swelling, pain, and stiffness around your knee.

The pain may get worse over time.

You may also have difficulty walking and an unstable feeling in your knee, like it may give out.

Treatment will depend on how severe your injury is and whether other parts of your knee are injured.

A minor tear may be treated at home with over-the-counter pain medicine and ice.

Use ice for 15 to 20 minutes at a time.

You may use crutches or wear a hinged knee brace. Physical therapy can help strengthen and stabilize your knee.

A severe tear may need surgery. But this usually isn't done unless you have dislocated your knee or have torn multiple ligaments.

To learn more about a posterior cruciate ligament injury, talk to your doctor.