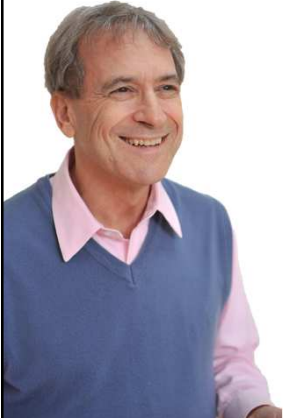


BENJAMIN  
INSTITUTE  
presents



# MEDIAL COLLATERAL LIGAMENT SPRAIN CRASH COURSE

- ANATOMY
- ASSESSMENT
- LOCATION
- TREATMENT

WITH DR. BEN BENJAMIN

1

1

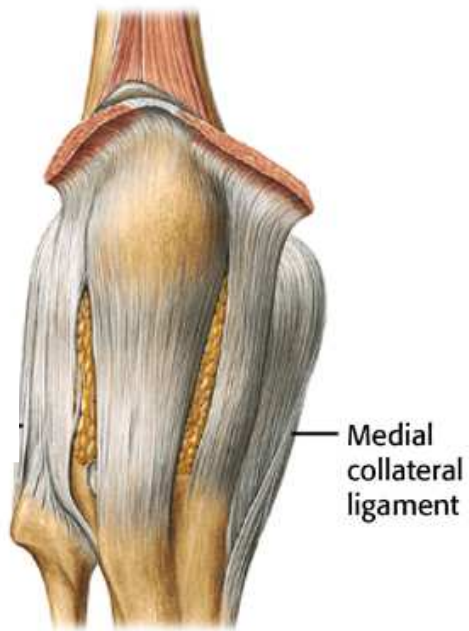
# MEDIAL COLLATERAL LIGAMENT ANATOMY

2

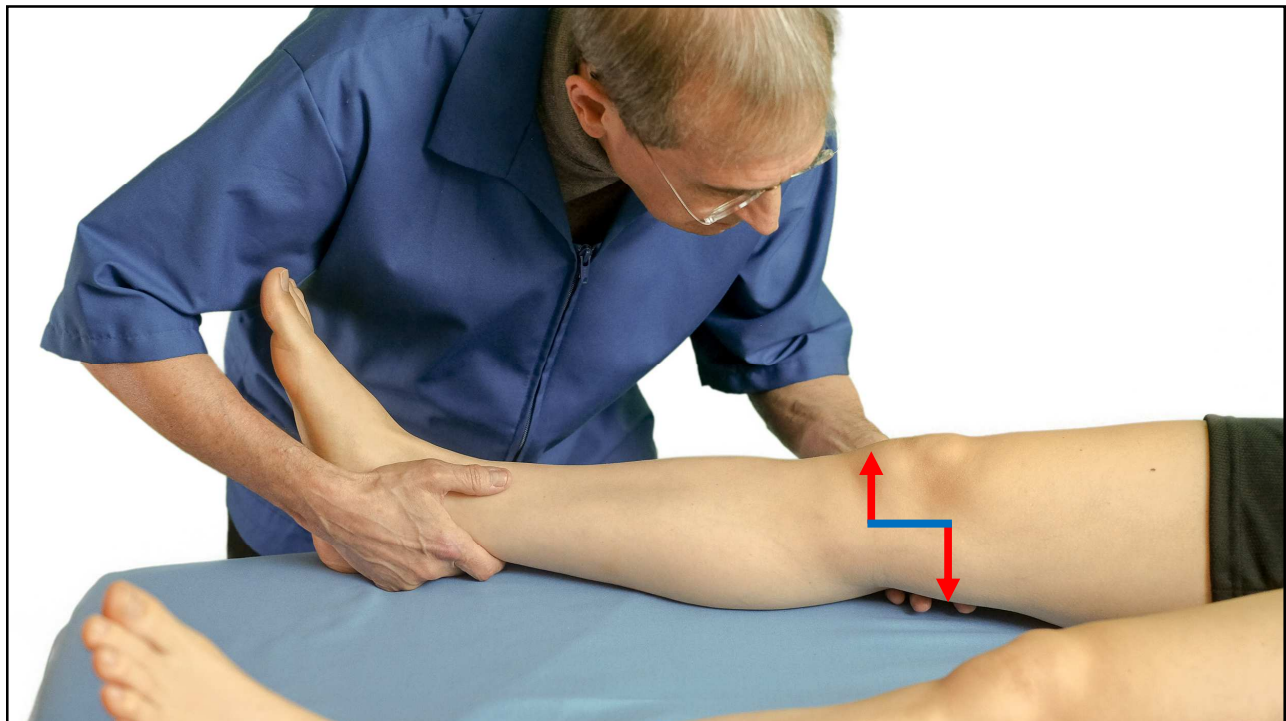
One of four major  
knee ligaments

AKA Tibial  
Collateral  
Ligament or MCL

Stabilizes the  
medial knee  
Resists Valgus  
Force



3



4

## SEEING A PHYSICIAN

5

## ASSESSMENT TESTING

6

Passive flexion



7

Passive Extension



8

Valgus Test



9

Heat Test



10





11



12

## MAKING MEANING

13

Assessment Test  
Results for MCL  
Sprains

Valgus is painful



14

## Assessment Test Results for MCL Sprains

Passive flexion is limited & painful



15

## Assessment Test Results for MCL Sprains

Passive flexion can be painful but not limited



16



## Assessment Test Results for MCL Sprains

Passive extension  
is usually painful  
but not limited



17

## TREATMENT

18

# FRICTION THERAPY

19

Friction Therapy  
of the  
Medial  
Collateral  
Ligament



20

## FRICTION THERAPY VIDEO

21

## MYOFASCIAL THERAPY

22



23



24

## MYOFASCIAL THERAPY VIDEO

25

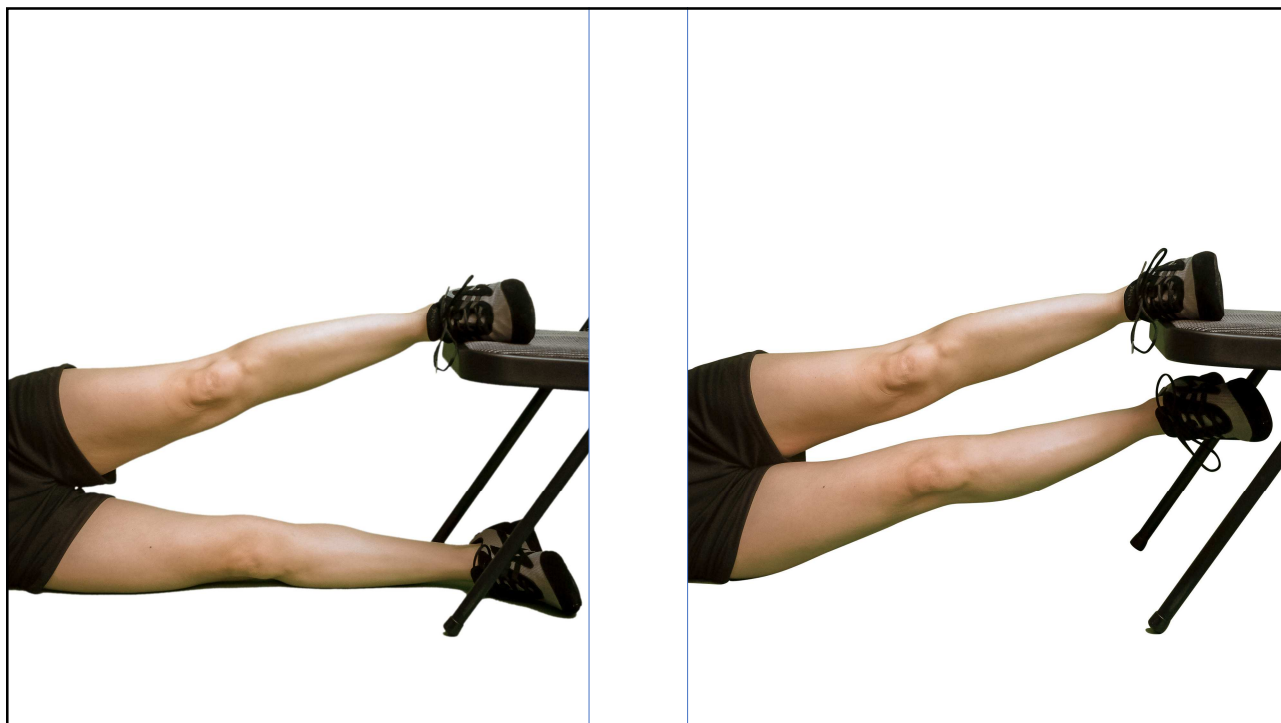
## EXERCISE THERAPY

26





27



28

IN CONCLUSION

29

QUESTIONS

30

Keep learning!

