MCL
Reconstruction Techniques and Rehabilitation

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Disclosure

Consultant’s income: Smith and Nephew
History of MCL

- Bosworth 1952 semitendinosus
- Slocum y Larson 1968
- Nicholas 1973
  Non-anatomical
- Yoshiya 2005: Anatomic MCL
- Hughston y Eilers 1973
- Sims y Jacobsen 2004
  POL
- 2008 Anatomic reconstruction MCL + POL
- LaPrade 2010
Surgical Technique
MCL

Reconstruction:
- POL
- MCL: Superficial
  Deep

Treatment of combined ACL-PCL-medial and lateral side knee injuries
Fanelli, Edson, Orcutt, Harris and Zijerdi
The Journal of Knee Surgery, 2005
Concomitant reconstruction of the medial collateral and posterior oblique ligaments for medial instability of the knee


J Bone Joint Surg [Br]
2008

Anatomical Reconstruction of the MCI and Posteromedial Corner of the Knee in Patients With Chronic MCL Instability

M.Lind, B.W.Jakobsen, B.Lund, M.S.Hansen, O.Abdallah and S.E.Christiansen

MCL
Reconstruction
Technique
- Current Concepts Review Injuries to the MCL and Associated Medial Structures of the Knee
Wijdicks, Griffith, Johansen, Engebretsen and LaPrade
J Bone Joint Surg Am. 2010
Our modification: Only one femur tunnel
MCL

✓ Graft preference: - Semitendinosus autograft
    - Anterior Tibial allograft
Posterior and Proximal to Epicondyle
Fixation of two bands in femur
Superficial
6 cm
From joint line
POL
1,5 cm
and posterior in tibia
Fixation

- Superficial MCL: 30 degrees-neutral rotation-varus
- POL: 0 degrees-neutral rotation-varus
Postop care

- Cold
- Knee Brace: 6 weeks
- Partial-weight Bearing: 6 weeks
- Proprioception!
Rehabilitation

- Bike - swimming
- Sports after 4-6 months
Conclusions

✓ Multiligament injuries: Surgery
✓ Acute lesion MCL: Repair + reconstruction
✓ Chronic lesion MCL: Reconstruction Superficial band and POL