EXPERT CARE. COORDINATED APPROACH.

The Adena Bone and Joint Center provides comprehensive, conservative orthopedic care that gets you back to life quickly with less pain and discomfort.

The team at Adena works together to provide all the services you need in one convenient location. From appointments with specialists to MRIs and X-rays, everything you need is under one roof.

WHEN YOU NEED EXPERT CARE FOR AN ACL, PCL, MCL OR LCL INJURY, THE ADENA BONE AND JOINT CENTER IS CLOSE TO HOME.

ADENA BONE AND JOINT LOCATIONS

ADENA HEALTH PAVILION
4437 State Route 159, Suite G15, Chillicothe, OH 45601

ADENA GREENFIELD MEDICAL CENTER
550 Mirabeau Street, Greenfield, OH 45123

ADENA PIKE MEDICAL CENTER
100 Dawn Lane, Waverly, OH 45690

ADENA HEALTH CENTER–CIRCLEVILLE
798 North Court Street, Circleville, OH 43113

ADENA HEALTH CENTER–JACKSON
1000 Veterans Drive, Jackson, OH 45640

ADENA HEALTH CENTER
WASHINGTON COURT HOUSE
308 Highland Avenue, Suite C
Washington Court House, OH 43160

ADENA HEALTH CENTER–WAVERLY
12340 State Route 104, Waverly, OH 45690

HIGHLAND DISTRICT HOSPITAL
1275 North High Street, Hillsboro, OH 45133

ADENA BONE AND JOINT CENTER

4437 State Route 159, Suite G15
Chillicothe, OH 45601
Main: 740-779-4598
Fax: 740-779-4599
ADENA.ORG/ORTHO

KNEE LIGAMENT INJURIES

COMPREHENSIVE, CONSERVATIVE ORTHOPEDIC CARE.
WHAT IS A KNEE LIGAMENT INJURY?

The knee is a hinge joint that joins the thigh and shin bones. There are two ligaments inside the knee, called cruciate ligaments, which protect the joint from moving too far forward or backward. The anterior cruciate ligament (ACL) prevents the knee from sliding forward, while the posterior cruciate ligament (PCL) prevents backward movement.

An ACL or PCL injury occurs when the ligament has been torn. The tear may be partial or complete. Symptoms include knee swelling, pain and instability of the joint. Some people hear a snap or pop at the time of an ACL injury.

ACL injuries are the most common, and they often occur during quick changes in direction while playing sports. An ACL injury may occur together with a cartilage injury of the knee. The less common PCL injury occurs when the knee bends backward or because of a direct blow to a bent knee, such as hitting the dashboard with your knee during a car accident.

The pain and swelling due to an ACL or PCL injury can last several weeks.

COMPREHENSIVE TREATMENT

ACL and PCL injuries are typically diagnosed by a physical examination. However, the pain and swelling that occur immediately after the injury may limit the exam. An MRI is usually used to confirm the diagnosis. Initial treatment includes resting the joint, splinting to reduce movement of the joint and use of ice to reduce swelling and pain. Non-steroidal anti-inflammatory drugs (NSAIDs) may be prescribed. Physical therapy will help you regain joint and leg strength. Many ACL injuries require surgery while the majority of PCL injuries don’t.

FOLLOW-UP CARE

Follow up with your referral doctor or as directed by Adena’s staff.

Note: If an X-ray, CT scan or MRI scan was performed today, it will be reviewed by a specialist. You will be notified of any new findings that may affect your care.

WHEN TO SEEK MEDICAL ADVICE

Schedule an appointment with Adena Bone and Joint Center if you experience any of the following:

- Pain or swelling that does not improve after 24-48 hours
- The knee feels unstable
- You cannot bear weight on the injured leg
- Swelling, redness or pain of the calf or thigh

HOME CARE

The following guidelines will help you care for your injury at home:

- Stay off the injured leg as much as possible until you can walk on it without pain. If you have a lot of pain with walking, crutches or a walker may be prescribed or given to you in the office. Follow your doctor’s advice regarding when to begin bearing weight on that leg.
- Keep your leg elevated to reduce pain and swelling. When sleeping, place a pillow under the injured leg. When sitting, support the injured leg so it is level with your waist. This is very important during the first 48 hours.
- Apply an ice pack (ice cubes in a plastic bag and wrapped in a paper towel) over the injured area for 20 minutes every one to two hours the first day for pain relief. Continue this three to four times a day until the pain and swelling goes away.
- If you were given a knee immobilizer, you can remove this to bathe and to ice the knee.
- Your doctor may prescribe physical therapy. The physical therapist will show you range of motion exercises to practice at home.
- You may use acetaminophen or ibuprofen to control pain, unless another pain medicine was prescribed. If you have chronic liver or kidney disease or have ever had a stomach ulcer or GI bleeding, talk with your doctor before using these medicines.