

LCL INJURY REFERENCE GUIDE

Lateral Collateral Ligament (Knee Anatomy)

ANATOMICAL ORIGIN

Lateral Epicondyle of the Femur

ANATOMICAL INSERTION

Head of the Fibula (Lateral Aspect)

Grade I (Mild Sprain)	Minimal tenderness, no instability, micro-tearing only.	1 - 3 Weeks
Grade II (Partial Tear)	Localized swelling, mild laxity with firm endpoint.	4 - 8 Weeks
Grade III (Complete Rupture)	Significant instability, no endpoint, often involves PLC.	3 - 6 Months

DIAGNOSTIC INDICATORS

- Varus Stress Test:** Positive at 0 and 30 flexion.
- Mechanism:** Varus force applied to the medial aspect of the knee.
- Palpation:** Tenderness along the lateral joint line and fibular head.

REFERENCE TEMPLATE ONLY – CLINICAL CORRELATION REQUIRED – NOT FOR DIAGNOSIS