ATKINS
PHYSIOTHERAPY
CONSULTANTS

CORONARY LIGAMENT SPRAIN

The coronary ligaments attach the edges of the cartilages (menisci) in the knee to the top edge of the shin bone. They provide some elasticity to movement to protect the cartilages. They can be sprained with a twisting movement of the knee or a forced straightening of the knee (hyperextension) and can co-exist with an injury to the cartilages themselves. The patient usually complains of a small area of pain on one side of the joint, usually at the front that is tender to touch on the sharp edge of the bone, especially when the knee is in the bent position. Stiffness and pain are felt on getting up after sitting for a long time in a cramped position, as in the cinema on a plane for instance.

Physiotherapy can help by applying a specific massage technique called frictions across the tender area and electrotherapy, especially ultrasound can help to relieve the pain and promote healing. There isn't usually much swelling but ice can be used at home if necessary.