

Soundbite Script – The pain of MCL sprains

Dr. Faheem Ahmad, family practice physician, OSF HealthCare

"It can happen to anyone, under any circumstances, but that positioning puts you at significantly high risk. When your foot and your lower leg are planted, and it's held in that position, your knee goes into a knock position. That's when your MCL is stretched. And there comes a point the stretch is too much." (:23)

Dr. Faheem Ahmad, family practice physician, OSF HealthCare

"The first one is when the MCL is stretched but there is no tearing. The second grade is when there is partial tearing in the MCL. The third is the MCL is completely torn or disrupted. And the fourth is where the MCL is torn completely, but there's also internal derangement, such as the ACL is disrupted or injured, or some of the other main ligaments are injured." (:22)

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"After a week of that, we start having you do some range of motion, exercise and light exertion. And then we progressively increase your weight-bearing exercises and increase your sports activities." (:16)

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"He heard a pop and when you hear a pop around in knee joint injury, we worry about some of the major internal stabilizers in the knee, including the (ACL) anterior cruciate ligament," he says. "And if you rupture that, then you're looking at six to nine months of recovery time. If he comes back within another week or two, that's very fortunate." (:21)