

# Update of treatment of isolated lesions of the posterior cruciate ligament

## ATUALIZAÇÃO EM TRATAMENTO DA LESÃO ISOLADA DO LIGAMENTO CRUZADO POSTERIOR

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### 1. What is the recommendation for the conservative treatment of PCL injury?

- It is recommended only in isolated grade I ligament injuries.
- It is recommended only in isolated grade II ligament injuries.
- It is recommended in isolated grade I and II ligament injuries.
- It is recommended only in isolated grade III ligament injuries.

### 2. When is surgical reconstruction of the PCL recommended?

- It is recommended only in isolated grade III ligament injuries.
- It is recommended in ligament injuries caused by bone avulsions.
- It is recommended only in isolated grade I ligament injuries.
- It is recommended only in isolated grade II ligament injuries.

### 3. When surgery is recommended, is single tunnel PCL reconstruction similar to double tunnel reconstruction?

- The functional and subjective results are similar.
- The functional results are better with double bundle.
- The objective results are similar.
- The subjective results are better with double bundle.

### 4. Is use of homologous grafts recommended for reconstruction of the PCL?

- No, only autologous grafts.
- Yes, but the results are inferior to those of autologous grafts.

- Yes, whenever autologous grafts are contraindicated.
- Yes, the results are similar to those of autologous grafts.

### 5. How should postoperative treatment of PCL reconstruction be conducted?

- Cryotherapy is contraindicated.
- For range of motion, 0-70° angles must be observed in the first 12 weeks.
- Key points include extension immobilizer.
- Early introduction of exercises directed at the hamstrings.

## ANSWERS TO CLINICAL SCENARIO: STRESS FRACTURES IN THE FOOT AND ANKLE OF ATHLETES [PUBLISHED IN RAMB 2015; 61(1)]

### 1. Which complementary exams should be requested for diagnosis?

Start diagnostic investigation by radiography (Alternative C).

### 2. Which factor does NOT favor stress fractures?

Smoking (Alternative D).

### 3. How should stress fractures be treated?

Conservative measures include immobilization (Alternative B).

### 4. What are the indications for surgical treatment?

When the fracture occurs in the traction zone (Alternative D).

### 5. When can the patient return to sport?

In fractures of the navicular bone, between 4 and 6 months (Alternative A).