

KNEE CONDITION

Multiligament Knee Injury

Complex Knee Ligament Injuries & Knee Dislocation — Patient Condition Guide



Knee ligaments · a multiligament injury involves more than one · for education; your anatomy may differ

OVERVIEW

A multiligament knee injury means two or more of the knee's major ligaments (ACL, PCL, MCL, LCL/posterolateral corner) are torn — the pattern seen with knee dislocations and high-energy sports or vehicle injuries. These are serious injuries that can involve nerves and blood vessels and deserve specialized, urgent evaluation.

SYMPTOMS

- A severely swollen, unstable knee after significant trauma
- A feeling that the knee 'went out of place'
- Numbness, tingling, or foot weakness — warning signs of nerve involvement
- Inability to bear weight

DIAGNOSIS

Careful examination of stability, nerves, and circulation comes first — vascular assessment is critical after a dislocation. X-rays exclude fracture, and MRI maps every ligament, tendon, and cartilage surface to build the surgical plan.

TREATMENT OPTIONS

Most multiligament injuries in active patients are treated with surgical reconstruction, staged and sequenced to the specific pattern. Dr. Pettit reconstructs or repairs the involved ligaments — often combining ACL/PCL reconstruction with collateral and posterolateral corner repair — followed by a carefully protected, protocol-driven rehabilitation.

RECOVERY OUTLOOK

These are marathon recoveries: bracing and protected motion early, with return to demanding work or sport typically 9–12+ months. With modern reconstruction and committed rehab, most patients return to a highly functional, stable knee.



SCAN FOR THE LATEST VERSION ONLINE

robertpettitmd.com/handouts/multiligament-knee-injury.pdf

This handout is for general patient education and does not replace personalized medical advice. Always follow the specific instructions given by Dr. Pettit and your care team.

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