



Knee ligament injury:

Diagnose clinically without investigation with clear history of injury mechanism and presentation of symptoms. Ensure patient asked about speed of knee swelling, any 'pop or snapping' sensation, giving way or locking post trauma. Confirm with objective assessment. Tests can be false negative due to apprehension and muscle guarding.

Symptoms of pain can be localised in collateral ligament injury or more diffuse

True mechanical symptoms involve joint instability due to ligament laxity - particularly associated with ACL injury.