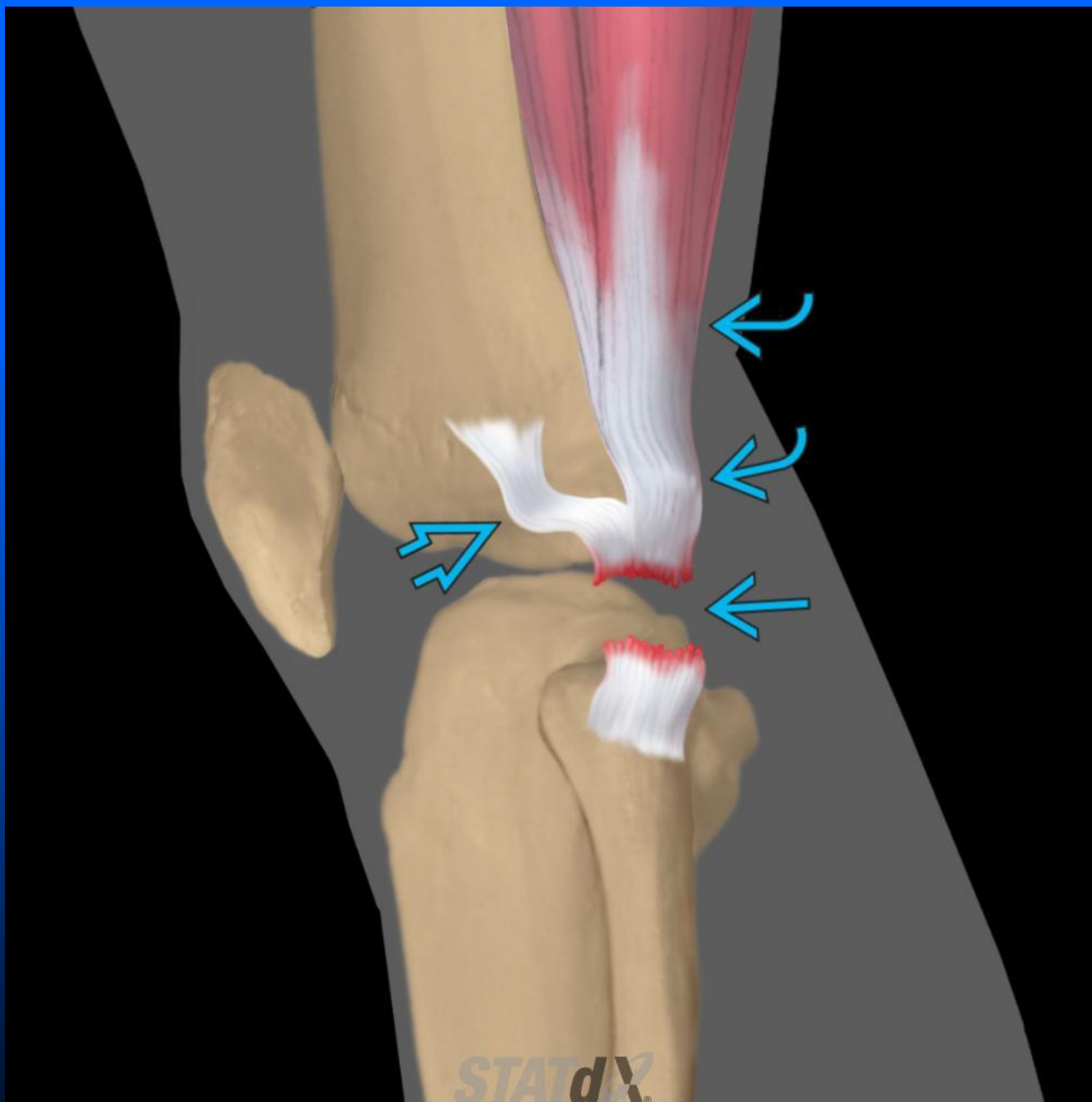


# Lateral Collateral Ligament Complex

- Iliotibial band (ITB)
- Fibular collateral ligament (FCL)
- Biceps femoris (BF) tendon
- Anterolateral ligament (ALL): Attaches to lateral rim of tibia
- Lateral joint capsule
- Isolated FCL tear represents 2% of knee ligament injuries

# Definitions

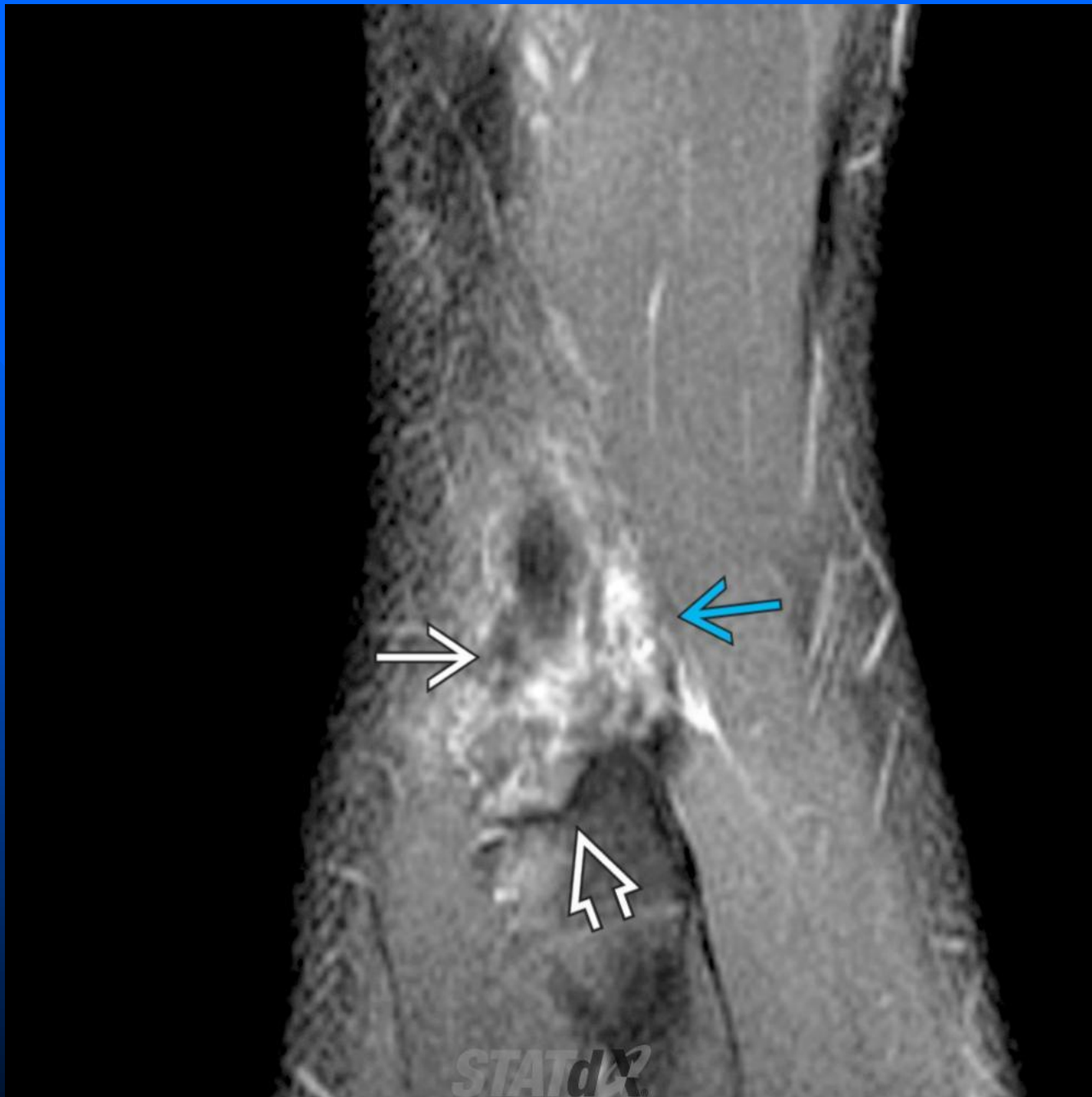
- Conjoined tendon:
  - FCL and BF join together to insert as one structure on posterolateral fibular head, adjacent to fibular styloid
- Arcuate complex: Additional structures of posterolateral corner (PLC) attaching to fibular styloid, including
  - Popliteofibular ligament
  - Arcuate ligament
  - Fabellofibular ligament



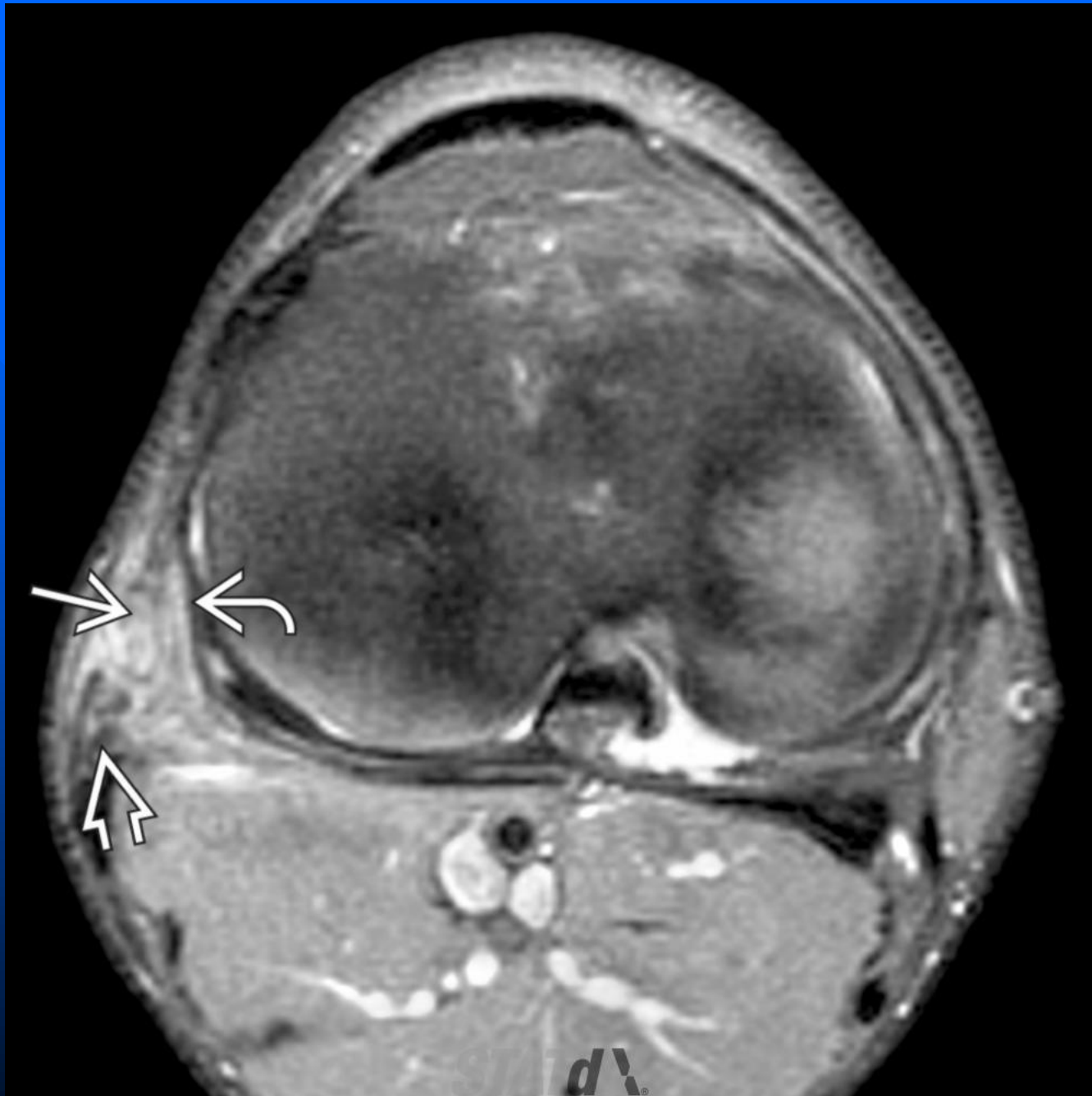
Oblique lateral graphic depicts a complete rupture of the conjoint tendon (cyan solid arrow). There is associated redundancy of the fibular collateral ligament (FCL) (cyan open arrow), which lies anterior to the biceps femoris (BF) (cyan curved arrow). BF tears are less common than FCL tears.

# Treatment

- Treatment Isolated FCL tears treated conservatively
- Combination injury with other posterolateral corner structures may require open repair
- Associated cruciate ligament injury usually requires open repair of cruciate  $\pm$  elements of LCLC



Sagittal PDWI FS MR of the lateral aspect of the knee demonstrates complete avulsion of the FCL (white solid arrow) from the fibular head (white open arrow) with high-grade or complete tear of the BF (cyan solid arrow).



Axial PDWI FS MR in the same patient demonstrates disruption of the FCL (white solid arrow) just proximal to its insertion on the fibular head. Fibers of the BF (white open arrow) are partially disrupted. The lateral joint capsule (white curved arrow) is intact.