

## MEDIAL ULNAR COLLATERAL LIGAMENT INJURY



### Overview

This condition is an injury to the medial ulnar collateral ligament, a ligament composed of three bands located on the inner side of the elbow. The MUCL connects the humerus to the ulna. Injury to the MUCL can cause pain, weakness and sometimes a feeling of instability in the arm.

### Causes

The medial ulnar collateral ligament is often injured by strenuous physical activity or sports that require repetitive motions, such as throwing a baseball or football. These motions can put stress on the ligament, causing inflammation, tears or, in serious cases, ruptures.

### Symptoms

Symptoms of an injury to the medial ulnar collateral ligament can include sharp pain along the inside of the elbow joint, swelling, and weakness in the arm. Some patients may hear or feel a pop when moving the elbow.

### Treatment

Treatment options can include rest, anti-inflammatory medications, a cold compress, or the use of a brace to stabilize the elbow. Severe tears or ruptures may require surgery.