

ANATOMY OF THE HUMAN KNEE JOINT

Ligament Structure & Reference Chart

- 01 Anterior Cruciate Ligament (ACL)** Prevents femur from sliding backward on the tibia.
- 02 Posterior Cruciate Ligament (PCL)** Prevents femur from sliding forward on the tibia.
- 03 Medial Collateral Ligament (MCL)** Provides stability to the inner (medial) knee.
- 04 Lateral Collateral Ligament (LCL)** Provides stability to the outer (lateral) knee.
- 05 Medial & Lateral Meniscus** C-shaped cartilage acting as shock absorbers.
- 06 Patellar Ligament** Connects the patella (kneecap) to the tibia.

Educational Reference Template – Human Anatomy Series – For Informational Purposes Only