

ANATOMY OF THE HUMAN KNEE JOINT

[Anterior View - Knee Ligament Diagram Placement]

ACL (Anterior Cruciate Ligament) Prevents the tibia from sliding out in front of the femur and provides rotational stability.

PCL (Posterior Cruciate Ligament) Prevents the tibia from sliding backwards under the femur.

MCL (Medial Collateral Ligament) Located on the inner side; prevents the knee from collapsing inwards.

LCL (Lateral Collateral Ligament) Located on the outer side; prevents the knee from collapsing outwards.

Patellar Ligament Connects the patella to the tibia; essential for extending the lower leg.

Meniscus (Medial & Lateral) C-shaped cartilage pads that act as shock absorbers between bones.