

KNEE LIGAMENT ANATOMY

REFERENCE

Clinical Guide for Major Stabilizing Structures

[Anterior View Anatomical Diagram Placeholder]

Ligament	Attachment Points	Primary Function
ACL	Anterior Intercondylar area of Tibia to Lateral Condyle of Femur	Prevents anterior translation of the tibia; resists internal rotation.
PCL	Posterior Intercondylar area of Tibia to Medial Condyle of Femur	Prevents posterior translation of the tibia; strongest ligament in the knee.
MCL	Medial Epicondyle of Femur to Medial Condyle of Tibia	Resists valgus (abduction) forces; provides medial stability.
LCL	Lateral Epicondyle of Femur to Head of Fibula	Resists varus (adduction) forces; provides lateral stability.

Secondary Stabilizers

- Anterolateral Ligament (ALL)
- Oblique Popliteal Ligament
- Arcuate Popliteal Ligament
- Patellar Ligament

Meniscal Anatomy

- Medial Meniscus (C-shaped)
- Lateral Meniscus (O-shaped)
- Transverse Ligament
- Menisiofemoral Ligaments

Clinical Note: The "Unhappy Triad" injury typically involves simultaneous damage to the ACL, MCL, and Medial Meniscus due to a lateral impact with the foot fixed.

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