

MEDIAL KNEE JOINT LIGAMENT ANATOMY

[ANATOMICAL ILLUSTRATION: MEDIAL VIEW]

- **1. Medial Collateral Ligament (MCL) - Superficial** Primary medial stabilizer; resists valgus stress. Extends from medial femoral epicondyle to proximal tibia.
- **2. Medial Collateral Ligament (MCL) - Deep** Firmly attached to the medial meniscus; composed of meniscofemoral and meniscotibial components.
- **3. Posterior Oblique Ligament (POL)** Thickened reinforcement of the posteromedial capsule; stabilizes internal rotation and valgus.
- **4. Medial Patellofemoral Ligament (MPFL)** Primary stabilizer against lateral patellar displacement.
- **5. Pes Anserinus Tendons** Sartorius, Gracilis, and Semitendinosus distal attachments providing secondary dynamic stability.

Clinical Reference: Valgus Stress Grading

Grade I: Micro-tears; firm endpoint; no joint opening.

Grade II: Partial tear; soft endpoint; 5-10mm opening.

Grade III: Complete rupture; no endpoint; >10mm opening.

Reference Template: Anatomical Educational Purposes Only