

KNEE LIGAMENT ANATOMY

Clinical Reference & Assessment Chart

Ref ID: ORTHO-2024-001

Patient Name: _____
Date: _____

[Anterior View Medical Illustration]
ACL / PCL / MCL / LCL

- **ACL (Anterior Cruciate Ligament)** Prevents anterior translation of the tibia. Center of the knee.
- **PCL (Posterior Cruciate Ligament)** Prevents posterior translation of the tibia. Strongest ligament.
- **MCL (Medial Collateral Ligament)** Resists valgus (outward) forces. Inner side of the joint.
- **LCL (Lateral Collateral Ligament)** Resists varus (inward) forces. Outer side of the joint.

Stability Assessment

Ligament	Standard Test	Grade (I, II, III)	Findings
ACL	Lachman / Drawer		
PCL	Posterior Sag		
MCL	Valgus Stress (0/30)		
LCL	Varus Stress (0/30)		

Clinical Observations & Recommendations:
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