

KNEE LIGAMENT ASSESSMENT

Sports Medicine Diagnostic Reference
Patient ID: _____

Ligament	Primary Function	Common Injury Mechanism	Clinical Test
ACL	Prevents anterior translation of tibia	Sudden deceleration, pivoting, or sidestepping	Lachman, Anterior Drawer
PCL	Prevents posterior translation of tibia	Direct blow to proximal tibia (dashboard injury)	Posterior Drawer, Sag Sign
MCL	Resists valgus (outward) forces	Blow to the lateral aspect of the knee	Valgus Stress Test (0 & 30)
LCL	Resists varus (inward) forces	Blow to the medial aspect of the knee	Varus Stress Test (0 & 30)

GRADE I (Mild) Microscopic tearing. Minimal swelling. Stable joint.
GRADE II (Moderate) Partial tear. Moderate instability. Noticeable swelling.
GRADE III (Severe) Complete rupture. Significant instability. Severe loss of function.

Notes: _____
