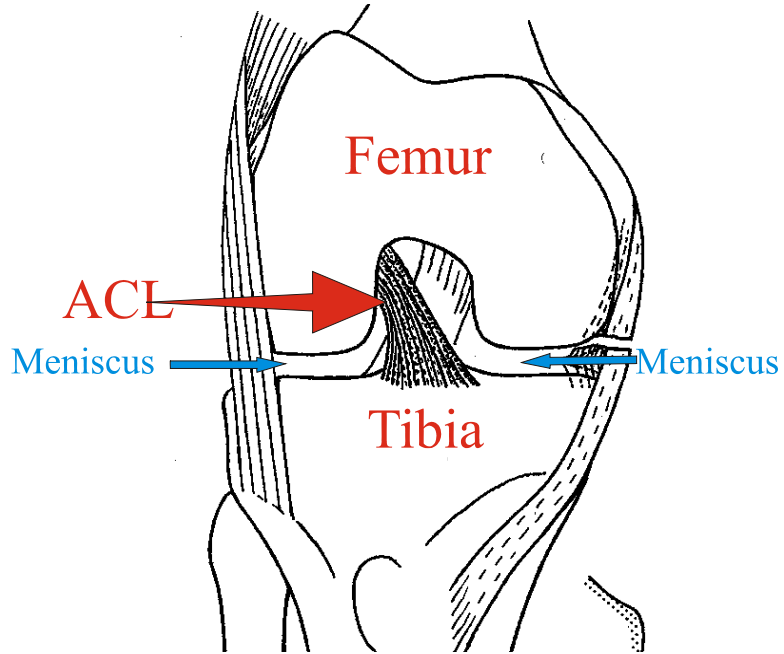


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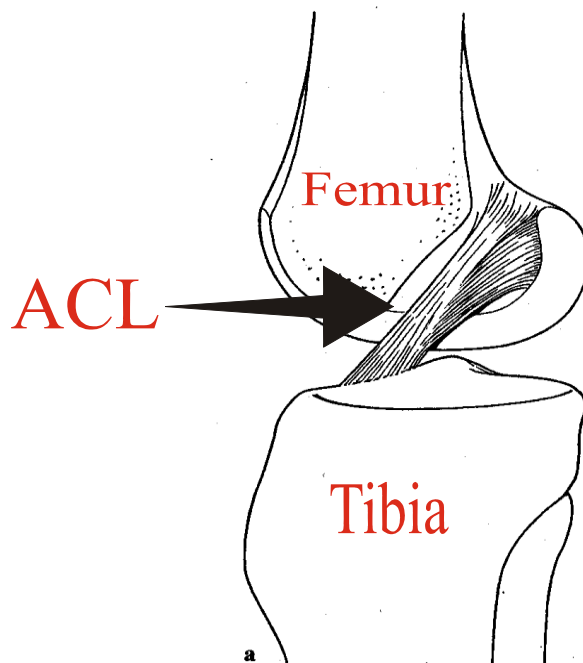
The ACL: what does it do?

Knee Anatomy

Anterior View (Front)



Lateral View (Side)

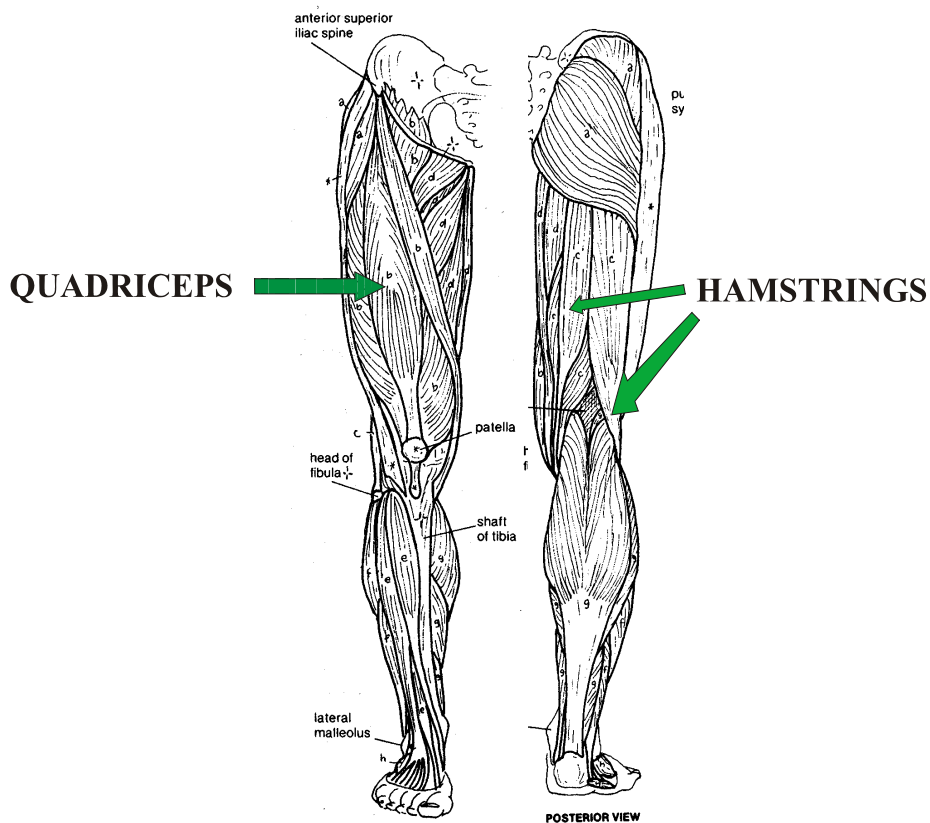


Lower Limb Muscles

There are two main groups of muscles that control and support your knee –

Quadriceps – muscles that straighten your knee

Hamstrings – muscles that bend your knee and they take over the balance reactions in your knee (this is proprioception).



The knee has 4 main ligaments that stabilise the knee.

These are the 2 side or collateral ligaments namely the inner or **medial collateral ligament** and the outer or **lateral collateral ligament**.

In the middle of the knee are the 2 cruciate or crossing ligaments. These take their names from their attachments on the tibia. The back or **Posterior Cruciate Ligament** is attached to the front of the femur and attaches to the back of the tibia or shin bone. Hence its name, the posterior or back cruciate ligament. It prevents the tibia from moving too far back on the shin bone.

The **Anterior Cruciate Ligament (ACL)** attaches to the back of the thigh bone and the shin bone at the front. It prevents excessive forward movement of the shin on the thigh bone and also controls the knee during twisting or rotational movements.