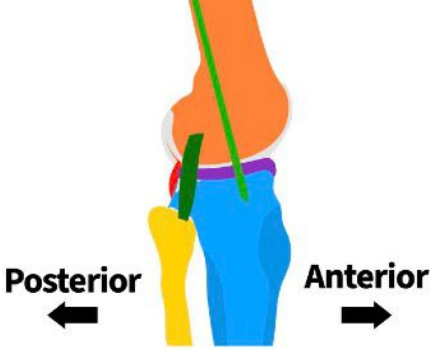
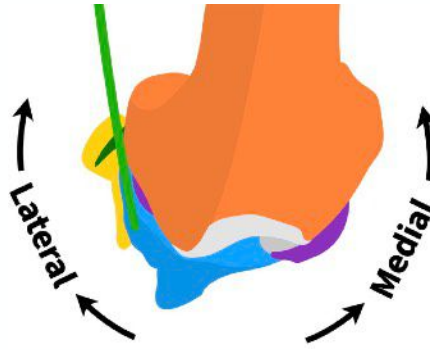
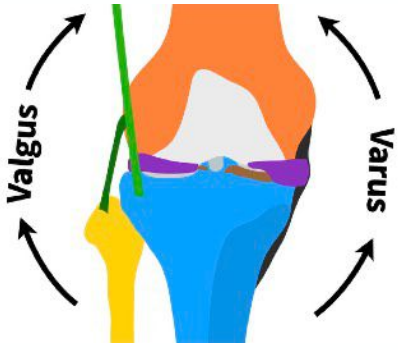


Motion test		Outcome after knockout is excess motion toward... Ligament functions to limit excess motion toward... The motion that can injure ligament is... Injury can cause pain/instability when moving...					
		MCL	PCL	ACL	LCL	IT Tract	MCL +ACL
Ant.-Pos. translation of tibia	Near full extension						
	At 90° flexion						
Longitudinal rotation of tibia	Near full extension						
	At 90° flexion						
Varus-Valgus rotation	Near full extension						
	At 90° flexion						

1. Are there ligaments that have the same function(s) as other ligaments? If yes, why do you think this is? If no, why not?

2. Would you expect most knee injuries to affect a single ligament or more than one ligament? Why or why not?

3. Which ligament or ligaments would be injured by a blow to the lateral side of the knee? Why?

4. Why do you think the MCL is one of the most commonly injured ligaments in the knee?

5. Why do you think the MCL and ACL are often injured together?

6. Why does an injury of the MCL and the ACL often also injure the medial meniscus?

7. Why do you think the IT tract is often injured with the ACL? What would be the nature of the injury to cause this?

8. Why does landing with your knees bent and aligned over your toes decrease your chances of an ACL injury?
