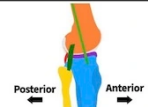
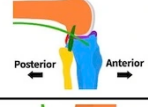
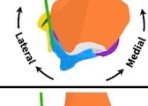
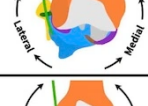
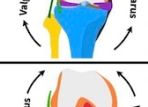



# Materials needed

For this activity you'll need:

1. The [worksheet for this activity](#) (either opened in a PDF viewer on a desktop/tablet computer or printed out).

What are the functions of the knee ligaments? - v1.0 HSKN3 Worksheet - Page 1

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
<b>Ant.-Pos. translation of tibia</b> Near full extension 						
<b>Ant.-Pos. translation of tibia</b> At 90° flexion 						
<b>Longitudinal rotation of tibia</b> Near full extension 						
<b>Longitudinal rotation of tibia</b> At 90° flexion 						
<b>Varus-Valgus rotation</b> Near full extension 						
<b>Varus-Valgus rotation</b> At 90° flexion 						

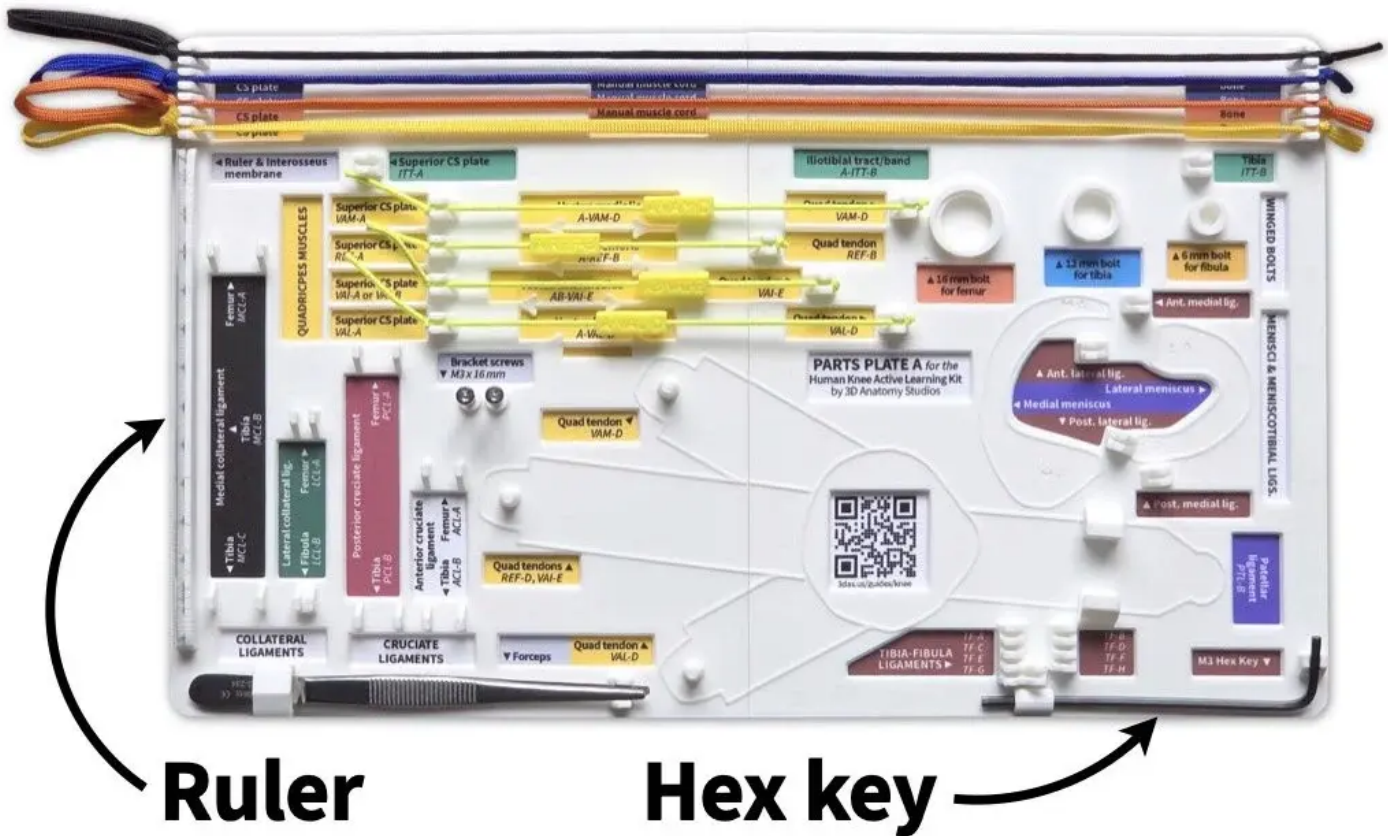
You can find the guide for this activity at [3das.us/guides/HSKN3](https://3das.us/guides/HSKN3)  
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2. A [Human Knee Active Learning Kit](#) (Basic or Full model). You do not need any of the muscles for this activity or the patella. If your knee kit has muscles attached, [detach all the muscles and attach them to their designated spot on the parts plate\(s\)](#). You can leave the patella to hang from the patellar ligament or you can remove the patella by [detaching the patellar ligament from the tibia](#). Also be sure that your knee kit has the Iliotibial (IT) tract/band attached; this is one of the ligaments you will knock out. Once you've finished preparing your knee for this activity, it should look like one of the images below.





The hex key (top) and ruler (bottom) from your kit. The hex key in your kit may differ in color or shape from the image above.



**Ruler**

**Hex key**

The ruler and hex key should be attached to Parts Plate A in your kit. The ruler fits into grooved holder on the left side and the hex key fits into a holder in the bottom right corner. The hex key in your kit may differ in color or shape from the image above.

