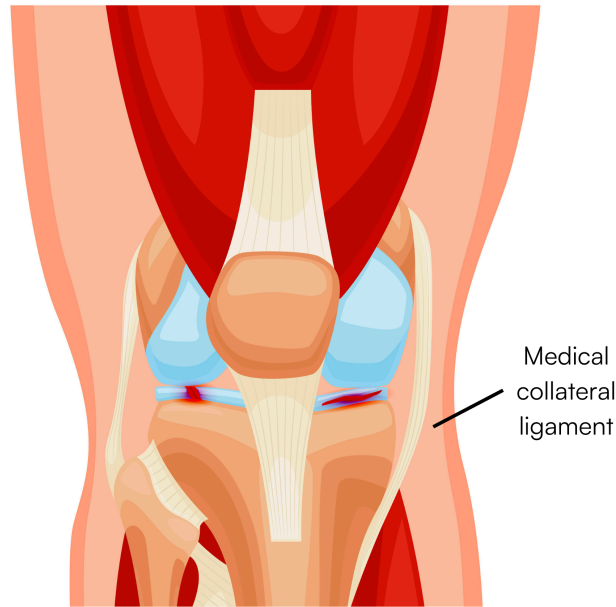


MCL Anatomy Diagram



The medial collateral ligament (MCL) is a band of tissue that runs along the inner side of the knee, connecting the thigh bone (femur) to the shin bone (tibia). It helps stabilize and support the knee joint, allowing for controlled movement.

It is one of the four main ligaments in the knee, along with the anterior cruciate ligament (ACL), posterior cruciate ligament (PCL), and lateral collateral ligament (LCL).

The MCL prevents excessive inward movement of the knee joint, also known as valgus stress. This can occur when there is a sudden change in direction or impact on the outer side of the knee, causing the inner side to stretch and potentially tear. Injuries to the MCL are common among athletes who participate in sports that involve running, jumping, or sudden changes in direction.

Additional notes

References

Saint Luke's Health System. (n.d.). *Understanding medial collateral ligament sprain*. <https://www.saintlukeskc.org/health-library/understanding-medial-collateral-ligament-sprain>

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