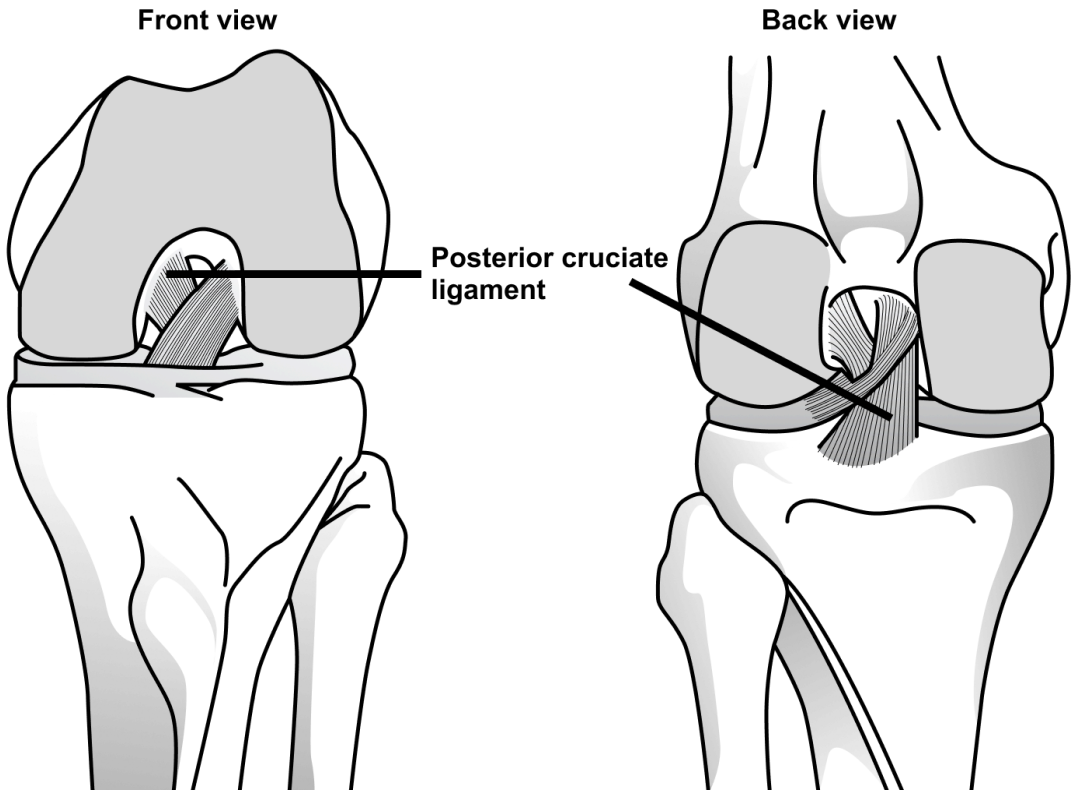
PCL Anatomy Diagram

The posterior cruciate ligament (PCL) is one of the four major ligaments in the knee joint. It connects the femur (thigh bone) to the tibia (shin bone) and plays a crucial role in stabilizing the knee and preventing excessive backward movement of the tibia.



East Africa Orthopaedics. (n.d.). *Posterior cruciate ligament injury (PCL)*. Retrieved July 1, 2024, from https://ea-ortho.com/pcl_injury.html

Connection points	Medial femoral condyle and posterior plateau
Size	• Length: Between 27 and 43 mm • Width: Between 7 and 9 mm
Functions	• Prevention of the translation of the tibia • Stabilizing the knee joint
Injuries	• PCL injuries often occur during high-impact sports activities, such as football or soccer, where the knee is forcefully struck from the front. • The most common mechanism of injury is a direct blow to the upper part of the tibia while the knee is bent. • PCL injuries can also occur in non-contact situations, such as landing awkwardly from a jump or sudden deceleration when changing direction.

Connection points	Medial femoral condyle and posterior plateau
Treatment options for PCL injuries	• Rest • Ice • Hinged knee brace • Crutches • Surgery • Rehabilitation
Additional notes	