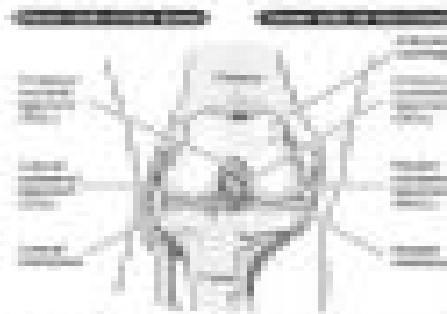


Name \_\_\_\_\_

Date \_\_\_\_\_

## ACL & MCL



State whether the ligament is on the inside or the outside of the knee:

MCL \_\_\_\_\_

LCL \_\_\_\_\_

State whether the ligament is close to the front or the back of the knee:

ACL \_\_\_\_\_

PCL \_\_\_\_\_

What are three of the possible causes of ACL and MCL tears? \_\_\_\_\_

What is the purpose of each of the menisci? \_\_\_\_\_

What is the purpose of the ACL and MCL? \_\_\_\_\_

What is the most common tear of the two types of ligaments? \_\_\_\_\_

Is it possible to prevent all tears? \_\_\_\_\_

What are some ways that you can help prevent tears? \_\_\_\_\_