

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? _____