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the posterior cruciate ligament pcl connects your upper leg to your lower leg even though your pcl is stronger and larger than your anterior cruciate ligament acl it can still be injured people with a pcl injury may have pain swelling and other symptoms treatments include both non surgical and surgical options the posterior cruciate ligament keeps the shinbone from moving backward too far it is stronger than the anterior cruciate ligament and is injured far less often the posterior cruciate ligament has two parts which blend into one structure about the size of a person's little finger the most powerful ligament in the knee joint is the posterior cruciate ligament pcl the role of the pcl is to prevent the tibia from moving backwards relative to the femur injuries to the pcl often occur with other knee structures ligaments meniscus while infrequently occurring in isolation the posterior cruciate ligament pcl is a ligament in each knee of humans and various other animals it works as a counterpart to the anterior cruciate ligament acl it connects the posterior intercondylar area of the tibia to the medial condyle of the femur the posterior cruciate ligament pcl is the strongest and largest intra articular ligament in human knee and the primary posterior stabilizer of the knee it comprises of 2 functional bundles the larger anterolateral bundle alb and the smaller posteromedial bundle pmb a pcl injury is a partial or complete tearing or stretching of any part of the posterior cruciate ligament it usually occurs when the knee is overextended hyperextension learn more about symptoms diagnosis and treatment at penn the posterior cruciate ligament pcl is one of four ligaments important to the stability of the knee joint the anterior cruciate ligament acl sits just in front of the pcl the acl is much better known in part because acl tears are much more commonly diagnosed than injuries to the pcl the pcl similar to the anterior cruciate ligament acl connects the thigh bone femur to your shin bone tibia although it is larger and stronger than the acl the pcl can be torn the posterior cruciate ligament pcl is the primary restraint to posterior translation of the tibia at the knee joint the bulk of injuries to this ligament oc overview what is a posterior cruciate ligament pcl injury a pcl injury is a sprain or tear of the posterior cruciate ligament pcl the pcl is a band of tissue that crosses inside the center of the knee joint it connects your thighbone to the bone of your lower leg the pcl keeps your knee stable when it moves forward or backward a torn pcl is a rupture sprain of the posterior cruciate ligament in the knee joint one cause is an impact to the front of the knee which causes your knee

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joint to bend back the wrong way medically reviewed by dr chaminda goonetilleke 2nd jan 2022 posterior cruciate ligament pcl injury is typically caused by direct trauma to a bent knee limited information exists regarding the optimal management of a pcl injury but conservative management physiotherapy and bracing is often effective for isolated partial tears or complete ruptures the pcl is the major stabilizing ligament of the knee that keeps the tibia shinbone from going too far backwards the pcl is stronger than and twice as thick as the acl it is not injured as often but it can be torn or sprained pcl usually remains contiguous 70 although there may be complete or partial ligamentous disruption absent pcl replaced by high t1 and t2 signal enlarged and swollen pcl 7 mm ap diameter of the vertical portion on sagittal imaging is indicative of a tear the posterior cruciate ligament pcl is a strong fibrous tissue present inside the knee joint the pcl along with the anterior cruciate ligament acl plays an important role in the stabilization of the knee joint the pcl may be injured while playing sports accidental slipping or a motor vehicle accident the posterior cruciate ligament pcl is a tough fibrous band of tissue that works within the knee together with the anterior cruciate ligament acl the two bands criss cross each other inside the knee in order to provide stability a posterior cruciate ligament pcl injury is when you damage one of the ligaments inside your knee your pcl connects your thigh bone femur to the back of your shin bone tibia a pcl injury can be a partial or complete tear of the ligament or a stretched ligament the medial collateral ligament mcl is on the inner side of your knee it attaches the thigh bone femur to the shin bone tibia how to view pcl files online step 1 click inside the file drop area to upload a pcl file or drag drop a pcl file step 2 scroll down or use the menu to navigate between pages step 3 print or download the source file in pdf format fag how can i open and view pcl file \pinnpclpnppl printer command language \pi \pinnpnpnppp \pinnpppl

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overview what is a posterior cruciate ligament pcl injury a pcl injury is a sprain or tear of the posterior cruciate ligament pcl the pcl is a band of tissue that crosses inside the center of the knee joint it connects your thighbone to the bone of your lower leg the pcl keeps your knee stable when it moves forward or backward

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the posterior cruciate ligament pcl is a strong fibrous tissue present inside the knee joint the pcl along with the anterior cruciate ligament acl plays an important role in the stabilization of the knee joint the pcl may be injured while playing sports accidental slipping or a motor vehicle accident

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the posterior cruciate ligament pcl is a tough fibrous band of tissue that works within the knee together with the anterior cruciate ligament acl the two bands criss cross each other inside the knee in order to provide stability

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a posterior cruciate ligament pcl injury is when you damage one of the ligaments inside your knee your pcl connects your thigh bone femur to the back of your shin bone tibia a pcl injury can be a partial or complete tear of the ligament or a stretched ligament

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the medial collateral ligament mcl is on the inner side of your knee it attaches the thigh bone femur to the shin bone tibia

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