Knee and Unhappy Triad Syndrome

**ANTERIOR VIEW OF RIGHT KNEE**

- **Anterior cruciate ligament** - tight in extension, stops femur slipping backwards
- **Posterior cruciate ligament** - stops femur slipping forwards on tibia
- **Cordlike lateral collateral ligament** - not attached to lateral meniscus
- **Broad medial collateral ligament** - attached to medial meniscus
- **PM** - Posterior goes medial
- **AL** - Anterior goes lateral

**POSTERIOR VIEW OF RIGHT KNEE**

- **Anterior cruciate ligament** - tight in extension, stops femur slipping backwards
- **Cordlike lateral collateral ligament** - not attached to lateral meniscus
- **Broad medial femoral ligament** - attached to medial femoral condyle
- **Posterior cruciate ligament** - stops femur slipping forwards on tibia
- **PM** - Posterior goes medial
- **AL** - Anterior goes lateral
ORDER OF STRUCTURES ON TIBIAL PLATEAU
(anterior to posterior)

Medial meniscus
(ant. attachment)
Ant. cruciate ligament
Lateral meniscus
(ant. attachment)
Lateral meniscus
(post. attachment)
Post. cruciate ligament
Medial meniscus
(post. attachment)

DRAWER TEST

Positive posterior drawer test showing a ruptured posterior cruciate ligament.
BUT beware - if the dip below the patella is not noticed this might appear as a false positive anterior drawer test when the tibia is pulled anteriorly
Note: As the lateral femoral condyle is forced down against the lateral tibial plateau there is also an incidence of tibial plateau fracture & lateral meniscus tear.

An very exaggerated depiction of the consequences of an injury to the lateral side of the knee.

**UNHAPPY TRIAD SYNDROME**

1. Ruptured medial collateral ligament
2. Torn medial meniscus
3. Ruptured anterior cruciate ligament