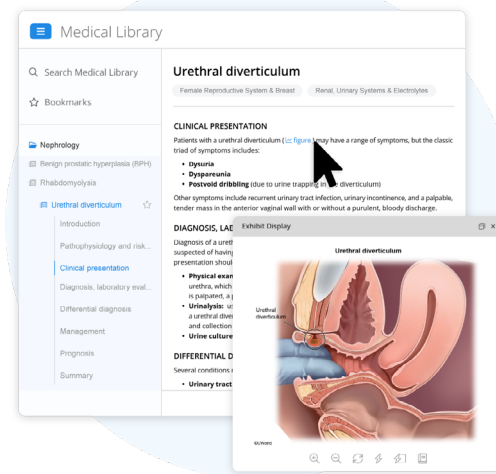


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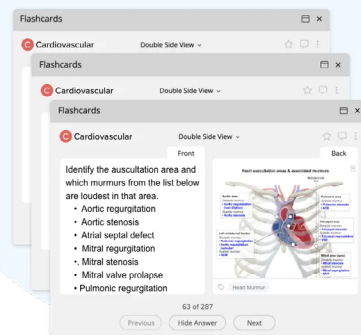
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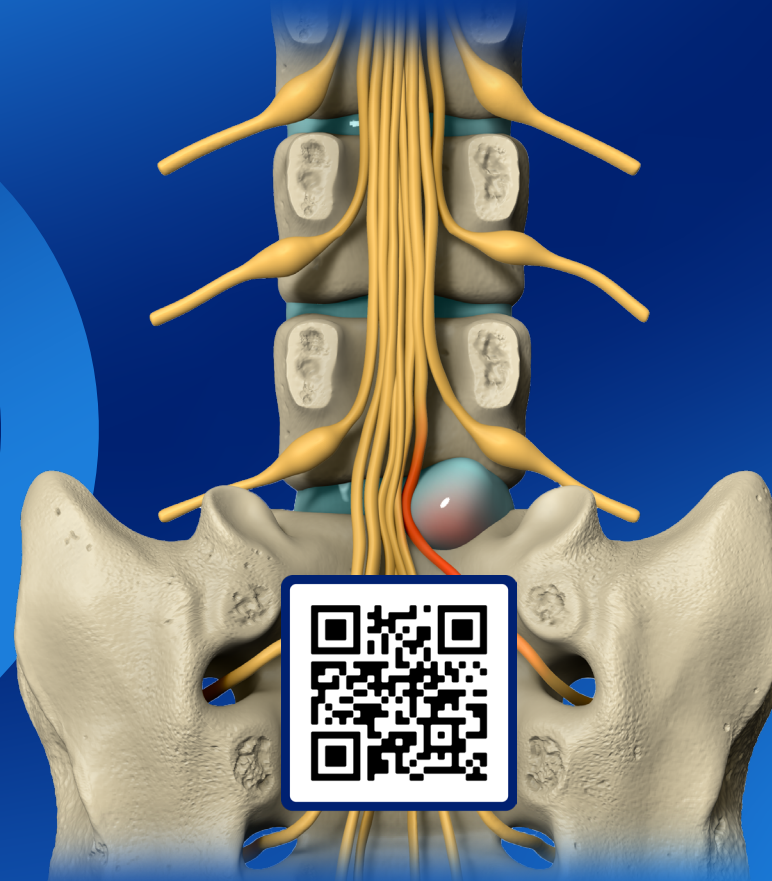


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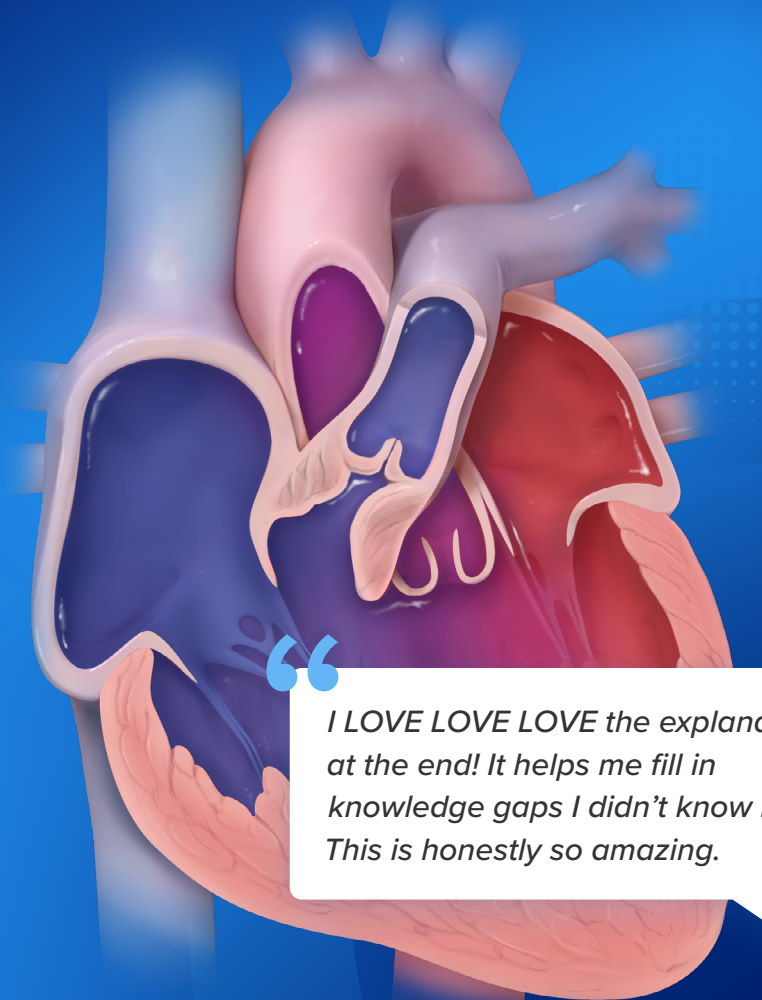
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I LOVE LOVE LOVE the explanations at the end! It helps me fill in knowledge gaps I didn't know I had! This is honestly so amazing.

—Alaina
PA Student

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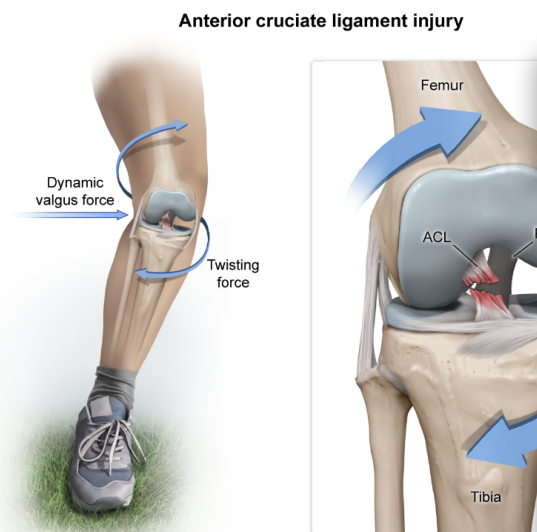
PA TEST Time Remaining: 00:00:58 1 of 1

Feedback

A 12-year-old girl is brought in following a sports injury involving the right lower extremity. The patient was playing soccer when she jumped and turned to the right to avoid being kicked by another player. She landed on her right foot with her foot internally rotated and her knee extended. Since the injury, the patient has been able to bear weight but says the knee feels unstable and she is afraid that it may give way, causing her to fall. Physical examination shows swelling of the right knee. Stability testing shows excessive anterior translation of the tibia relative to the femur. Which of the following ligaments is most likely injured in this patient?

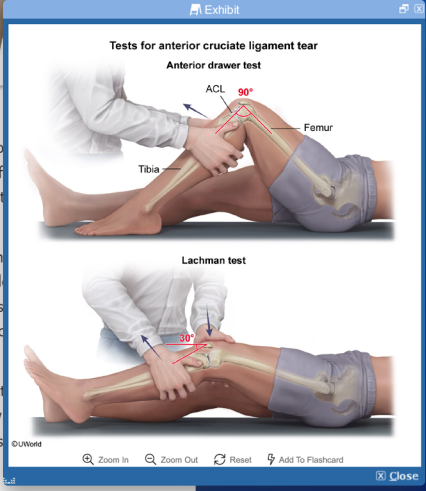
A. Anterior cruciate
 B. Lateral collateral
 C. Medial collateral
 D. Patellar
 E. Posterior cruciate

Correct 91% Answered correctly 08 secs Time Spent 2024 Version



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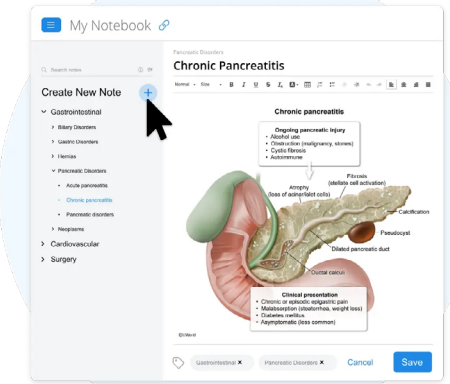
ACL = anterior cruciate ligament; PCL = posterior cruciate ligament.

The **anterior cruciate ligament (ACL)** originates on the lateral femoral condyle and courses medially to insert on the anterior intercondylar area of the tibia. The primary function of the ACL is to prevent **anterior motion** of the tibia with respect to the femur, although it also plays a role in stabilizing the knee against rotatory and varus/valgus forces.

The ACL is most commonly ruptured in noncontact sports that involve sudden changes in direction, such as cutting, pivoting, or landing from a jump. The ACL provides the primary blood supply to the ACL, and injuries are characterized by rapid-onset knee swelling. In addition to the effusion, examination typically shows **anterior laxity** of the tibia on the femur (eg, **Lachman test**, **anterior drawer test**).

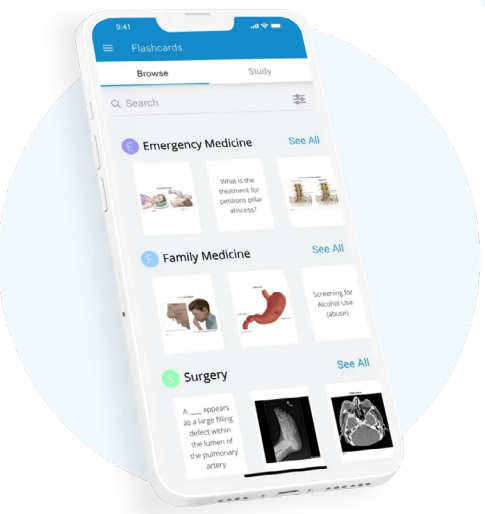
(Choices B and C) The medial collateral ligament is most commonly injured by impact to the knee. The lateral collateral ligament is only rarely injured but may be injured by a forceful blow to the knee while the leg is extended. These **ligament injuries** are characterized by laxity with valgus or varus forces, respectively.

(Choice D) The patellar ligament (tendon) is a very robust structure that represents the inferior projection of the quadriceps femoris tendon. Injury causes impaired knee extension.



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