

Ligaments

I. Pelvic Girdle & Hip

- A. Sacrotuberous
attachments – from posterior iliac spine & lateral margin of the sacrum to the ischial tuberosity
- B. Sacrospinous
attachments – from the ischial spine to lateral margin of the sacrum
- C. Fibrous joint capsule
attachments – from the margin of the acetabulum to the neck, intertrochanteric line & intertrochanteric crest of the femur
- D. Iliofemoral
attachments – from the anterior inferior iliac spine to the intertrochanteric line of femur
function – limits extension of the femur
- E. Pubofemoral
attachments – from the iliopubic eminence and superior pubic ramus to the fibrous capsule
function – limits abduction of the femur
- F. Ischiofemoral
attachments – from the ischium posterior to the acetabulum to the greater trochanter & iliofemoral ligament
function – assists the iliofemoral lig. in limiting extension of the femur
- G. Ligament of the femoral head
attachments – from the fovea of the femoral head to the acetabular notch
- H. Transverse acetabular
attachments – interconnects the margins of the acetabular notch

II. Knee & Leg

- A. Fibrous capsule of knee
attachments – from the margins of the femoral condyles to the margins of the tibial condyles
- B. Tibial (medial) collateral
attachments – from the medial epicondyle of the femur to the medial condyle & shaft of the tibia
function – stabilizes the medial aspect of the joint (prevents abduction of the tibia)
- C. Fibular (lateral) collateral
attachments – from the lateral epicondyle of the femur to the head of the fibula
function – stabilizes the lateral aspect of the joint (prevents adduction of the tibia)
- D. Anterior cruciate (L. crux, cross)
attachments – from the medial part of the anterior intercondylar area of the tibia to the posterior part of the medial surface of the lateral condyle of the femur
function – prevents posterior displacement of the femur on the tibia and hyperextension of the knee
- E. Posterior cruciate
attachments – from the posterior intercondylar area of the tibia to the lateral surface of the medial condyle of the femur
function – prevents the anterior displacement of the femur on the tibia
- F. Oblique popliteal
attachments – from the tendon of the semimembranosus to joint capsule & lateral femoral condyle
function – stabilizes posterior joint capsule
- G. Arcuate popliteal
attachments – from the head of the fibula to the intercondylar area
function – stabilizes posterior joint capsule
- H. Menisci (G. meniskos, crescent)
 - 1. Medial
attachments – anterior & posterior regions of the intercondylar area of the tibia & fibrous capsule at the tibial collateral ligament
 - 2. Lateral
attachments – anterior & posterior regions of the intercondylar area of tibia
- I. Crural interosseous membrane
attachments – from interosseous border of the tibia to the interosseous border of the fibula

III. Ankle & Foot

- A. Talocrural fibrous capsule
attachments – from the borders of the articular surfaces of tibia & malleoli to the margins of the trochlear surface of the talus

- B. Medial collateral (deltoid)
attachments – from the medial malleolus to the talus, navicular & sustentaculum tali of the calcaneous
function – stabilizes joint & resists forced eversion
- C. Lateral ligament complex (of ankle)
function – stabilize joint & resist forced inversion
attachments – from the lateral malleolus to the talus (anterior talofibular & posterior talofibular) and calcaneous (calcaneofibular)
- D. Long plantar
attachments – from the plantar surfaces of the calcaneous & cuboid to the plantar surfaces of the bases of the metatarsals
- E. Short plantar (plantar calcaneocuboid)
attachments – from calcaneous to the plantar surface of the cuboid
- F. Plantar calcaneonavicular (spring)
attachments – from the anterior margin of the sustentaculum tali to the plantar surface of the navicular
function – supports the medial longitudinal arch of the foot