

## **Articulations: Major Ligament and Tendons Lab List**

### **Shoulder**

1. Acromioclavicular Ligament
2. Acromioclavicular Ligament
3. Superior Glenohumeral Ligament
4. Medial Glenohumeral Ligament
5. Inferior Glenohumeral Ligament

### **Elbow**

1. Annular Ligament
2. Radial Collateral Ligament
3. Ulnar Collateral Ligament

### **Vertebrae**

1. Intervertebral Disk
2. Annulus Fibrosus
3. Nucleus Pulposus

### **Hip**

1. Iliofemoral Ligament
2. Pubofemoral Ligament
3. Ischiofemoral Ligament

### **Knee**

1. Anterior Cruciate Ligament (ACL)
2. Posterior Cruciate Ligament (PCL)
3. Lateral Collateral Ligament (Fibular Collateral Ligament) (LCL)
4. Medial Collateral Ligament (Tibular Collateral Ligament) (MCL)
5. Posterior Menisofemoral Ligament (Ligament of Wrisberg) (PMFL)
6. Lateral Meniscus
7. Medial Meniscus
8. Patellar Tendon
9. Quadriceps Tendon

### **Ankle**

1. Posterior Talofibular Ligament
2. Anterior Talofibular Ligament
3. Calcaneofibular Ligament
4. Deltoid Ligament
5. Achilles Tendon
6. Transverse Arch
7. Metatarsal Arch
8. Longitudinal Arch