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List of Abbreviations

PLC	Postero Lateral Corner,
PCL	Posterior Cruciate Ligament
ACL	Anterior Cruciate Ligament
IKDC	International Knee Documentation Committee
LCL	Lateral Collateral Ligament
PFL	Popliteo Fibular Ligament.
PLI	Postrolateral instability.
ITB	Iliotibial band
PT	Popliteo tibial