Name: Date: Per: Score: R.O.P. Athletic Training-I

Knee Anatomy Review

*Directions – Read the knee anatomy guide and answer each of the questions from the reading.*

1. List the three major bones that articulate at the knee joint.
2. The joint is a joint enclosed by a capsule.
3. Two round knobs called are found at the end of the femur, these rest of the top of the tibia called the .
4. Briefly explain what articular cartilage is and some important features about it.
5. List the four major ligament of the knee joint.
6. Two special types of structures called sit between the tibia and femur and referred to as cartilage of the knee.
7. Explain why these two cartilage structures of the knee important? (Detail)
8. The of the knee are the most important structures that stabilize the joint.
9. The largest tendon around the knee is the which connects the

to the .

1. Explain which muscles act on the knee joint and in which way.