

BONES AND MAJOR LIGAMENTS

ANTERIOR



POSTERIOR



MEDIAL



LATERAL

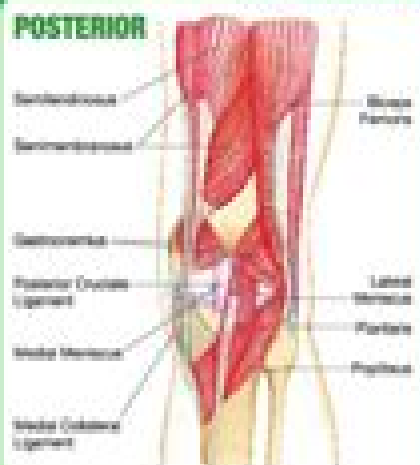


MAJOR MUSCLES AND TENDONS

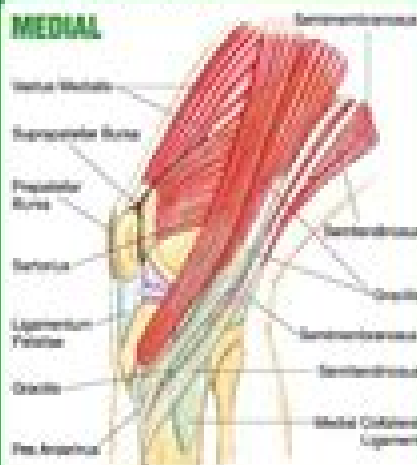
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The knee is a **Bicondylar type Synovial Hinge** joint formed between the distal ends of the Femur and the proximal ends of the Tibia with the **Patella** (Kneecap) in front of the Femur. A smooth, protective layer of **Hyaline Cartilage** coats the bone surfaces. Between the bones a crescent shaped pad of tough, **Fibrocartilage** (Meniscus) provides a smooth surface for movement and absorbs shocks. Surrounding the joint, connective tissue called the **Synovial Membrane** secretes lubricating **Synovial Fluid**. Strong **Cruciate Ligaments** in an "X" configuration stabilise and limit joint movement. The **Patella's** function is to aid knee extension by enhancing **Quadriceps Tendon** mechanical leverage and to protect the anterior aspect of the joint. **Joint Extension** is enabled by the **Tensor Fasciae Latae** and **Quadriceps Femoris** (**Rectus Femoris**, **Vastus Lateralis**, **Vastus Medialis**, **Vastus Intermedius**) and **Flexion** by the **Hamstrings** (**Semitendinosus**, **Semimembranosus**, **Biceps Femoris**). Limited lateral rotation is enabled by **Biceps Femoris** and limited Medial rotation by **Semitendinosus**, **Semitendinosus**, **Gracilis**, **Sartorius** and **Popliteus**.



Anatomy Of The Knee Pictures

National Medical Audiovisual Center

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the text 'National Medical Audiovisual Center'.

Anatomy Of The Knee Pictures:

Catalog National Medical Audiovisual Center, 1981 **National Library of Medicine Audiovisuals Catalog** National Library of Medicine (U.S.), **National Library of Medicine AVLINE Catalog** National Library of Medicine (U.S.), 1975
Listing of audiovisual materials catalogued by NLM Items listed were reviewed under the auspices of the American Association of Dental Schools and the Association of American Medical Colleges and are considered suitable for instruction
Entries arranged under MeSH subject headings Entry gives full descriptive information and source Also includes
Procurement source section that gives addresses and telephone numbers of all sources **Educational Motion Pictures ... Catalog**, 1963 **Biomechanics of the Knee** P.G.J. Maquet, 2012-12-06 Pathological conditions affecting the hip and knee joints occupy a particular place amongst the important orthopaedic entities affecting the extremities On the one hand they are relatively frequent and on the other they mean for the patient limitation of his ability to walk because of their considerably detrimental effects A purposeful basic treatment of these joint diseases and here osteoarthritis takes pride of place is only possible if it stems from a reliable biomechanical analysis of the normal and pathological stressing of the joint in question Whilst the situation in the hip can be considered to be fundamentally clarified a comprehensive representation of the knee is still lacking particularly when taking into account the latest knowledge of biomechanics Recently our concepts of the kinematics of the knee have been completely changed but the clinically important question of articular stressing remains unanswered Dr Maquet has carried out pioneer work in this field for some years in adapting by analogy to the knee joint principles already accepted for the hip joint Since the knee is not a ball and socket joint a complicated problem arises for which new thoughts are necessary The results of the numerous operations carried out by Dr Maquet according to the biomechanical considerations demonstrate that his thinking is fundamentally correct Above all it is here again proven as earlier in the case of the hip that healing of osteoarthritis depends decisively on reducing and evenly distributing joint pressure **National Medical Audiovisual Center Catalog** National Medical Audiovisual Center, 1977 Films for the health sciences **Catalog, Educational Motion Pictures**, 1961 **News**, 1989 *United States Educational, Scientific and Cultural Motion Pictures and Filmstrips* United States. Interdepartmental Committee on Visual and Auditory Materials for Distribution Abroad. Subcommittee on Catalog, 1956 **Circular** United States. Office of Education, 1964

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