

## CONCLUSION

The knee is the largest joint in the body, and one of the most prone to injury. It is made up of the femur, tibia, and patella. The knee also contains large ligaments that help in controlling motion. These ligaments connect bones and brace the joint against abnormal types of motion. Other parts of the knee, like cartilage, cushion the joint and help it absorb shock during motion.

### REVIEW QUESTIONS

1. What are the parts of the tibiofemoral joint?
2. What is the difference between articular cartilage and the meniscus?
3. List the four major ligaments of the knee and their functions.
4. What constitutes the patellofemoral joint?
5. What makes up the quadriceps muscle group?
6. What are some possible reasons why female athletes have a greater incidence of ACL injuries?
7. Explain the causes of iliotibial band syndrome.
8. Explain the various injuries of the knee associated with athletics.
9. Why is an epiphyseal injury significant in children?
10. Why is Osgood-Schlatter condition painful?
11. Describe three of the special tests for the knee discussed in this chapter.

### PROJECTS AND ACTIVITIES

1. Create a model of the knee. Include all major structures.
2. Interview someone who has or has had Osgood-Schlatter condition. Write a paper on your findings.
3. Make an appointment with an athletic trainer in your school or area. Ask her or him what knee injuries were addressed this school year, and their outcomes.

### LEARNING LINKS

- Visit [www.sportsknee.com](http://www.sportsknee.com); click on the "Education" tab at the bottom of the screen; then view the tutorials and animations of the knee.
- Learn more about the anterior cruciate ligament by visiting the web site at [www.aclsolutions.com](http://www.aclsolutions.com).
- Browse the web site <http://www.kneeguru.co.uk> for more information on knee anatomy and knee injuries.

