**About the Knee**

**Athletic Therapy 20**

1. What kind of joint is the knee joint?
2. Name the four bones that comprise the knee joint.
3. What kind of bone is the patella?
4. Identify the four ligaments that give the knee stability and explain their function.
5. The muscles that cause knee extension are the \_\_\_\_\_\_\_\_\_\_\_\_\_ and the muscles that cause knee flexion are the \_\_\_\_\_\_\_\_\_\_\_\_\_.
6. Name the four muscles of the quadriceps.
7. What three muscles compromise the hamstrings?
8. The muscles that cause knee extension are the \_\_\_\_\_\_\_\_\_\_\_\_\_ and the muscles that cause knee flexion are the \_\_\_\_\_\_\_\_\_\_\_\_\_.
9. What is the difference between Grade 1, 2 and 3 sprains?
10. If an injury caused the tibia to move forward on the femur, what ligament would most likely become overstretched or torn?
11. Name the ligament that would be likely to become stretched or torn if an opponent fell on the outside of an athlete’s knee and it bent inward?
12. What is the special cartilage found in the knee called?
13. What is the function of the meniscus?
14. What is a meniscectomy?
15. What are the four special tests for the knee and what do they test for?
16. What are some common injuries that happen in the knee?