

## Knee Anatomy Quiz PDF

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**Which ligament provides medial stability to the knee?**

- ACL
- PCL
- MCL
- LCL

**Which of the following are common knee injuries? (Select all that apply)**

- ACL Tear
- Meniscal Tear
- Tennis Elbow
- Patellar Tendinitis

**Which bone is commonly known as the kneecap?**

- Femur
- Tibia
- Patella
- Fibula

**Which imaging technique is most commonly used to assess soft tissue injuries in the knee?**

- X-ray
- CT scan
- MRI
- Ultrasound

**Which of the following are bones that form the knee joint? (Select all that apply)**

- Femur
- Tibia

- Fibula
- Patella

**Which muscle group is primarily responsible for extending the knee?**

- Hamstrings
- Quadriceps
- Gastrocnemius
- Popliteus

**Which joint is formed between the patella and the femur?**

- Tibiofemoral joint
- Patellofemoral joint
- Meniscal joint
- Synovial joint

**Explain the role of the synovium in the knee joint.**

**What factors can contribute to the development of arthritis in the knee joint?**

**Which of the following are components of the knee's soft tissue? (Select all that apply)**

- Synovium
- Menisci

- Articular cartilage
- Joint capsule

**Discuss the rehabilitation process for an ACL injury.**

**Which muscles are involved in knee flexation? (Select all that apply)**

- Quadriceps
- Hamstrings
- Gastrocnemius
- Popliteus

**What type of cartilage covers the ends of bones in the knee joint?**

- Fibrocartilage
- Elastic cartilage
- Articular cartilage
- Hyaline cartilage

**What is the primary function of the anterior cruciate ligament (ACL)?**

- Prevents backward movement of the tibia
- Provides lateral stability
- Prevents forward movement of the tibia
- Supports knee flexation

**How does the structure of the knee contribute to its function as a weight-bearing joint?**

**What are the potential consequences of a torn meniscus if left untreated?**

**Which ligaments are part of the knee's cruciate system? (Select all that apply)**

- ACL
- PCL
- MCL
- LCL

**Describe the process and purpose of arthroscopy in knee treatment.**

**What is the role of the menisci in the knee joint?**

- Stabilize the patella
- Absorb shock and distribute weight
- Connect muscles to bones
- Produce synovical fluid

**What are the functions of the knee joint? (Select all that apply)**

- Weight bearing
- Flexation and extension
- Rotation
- Producing blood cells