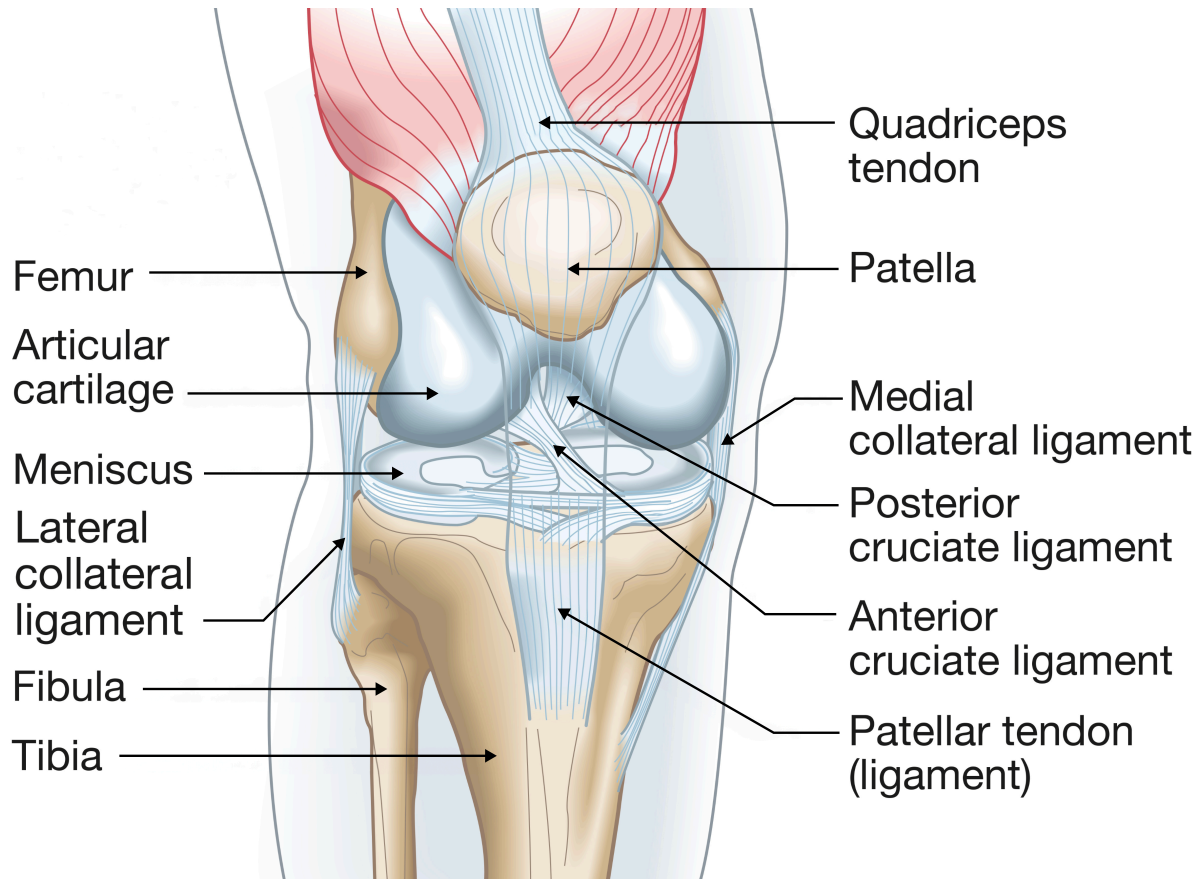


Knee Anatomy Diagram



Knee part	Location	Function
Femur	Also known as the thighbone, upper leg bone above the knee joint	Supports weight and allows movement in the knee.
Articular cartilage	Covers the ends of the femur and tibia within the knee joint	Reduces friction and absorbs shock within the knee joint.
Meniscus	Between the femur and tibia	Acts as a cushion and stabilizes the knee joint, as well as a shock absorber.
Fibula	Also known as the calf bone, smaller bone of the lower leg, on the outer side of the knee joint	Provides muscle attachment and stability to the ankle joint.
Tibia	Also called the shinbone, larger bone of the lower leg, below the knee joint	Supports the majority of the body weight and connects the knee to the ankle.
Quadriceps tendon	Connects the quadriceps muscles to the patella	Helps in extending the knee.
Patella	Also known as the kneecap, located in front of the knee joint	Protects the knee joint and improves the leverage of the thigh muscles.

Knee part	Location	Function
Medial collateral ligament	Inside part of the knee	Keeps the shinbone in place and prevents the leg from extending too far inward
Lateral collateral ligament	Outside part of the knee	Provides stability to the outer knee.
Posterior cruciate ligament	Inside the knee joint, behind the anterior cruciate ligament	Prevents the tibia from moving too far backward.
Anterior cruciate ligament	Inside the knee joint, in front of the posterior cruciate ligament	Prevents the tibia from moving too far forward.
Patellar tendon	Connects the patella to the tibia	Works with the quadriceps tendon to straighten the leg.

Additional notes

References

Nikhil Verma, MD. (n.d.). *Knee anatomy*. <https://www.sportssurgerychicago.com/knee/knee-anatomy-pain-injuries-westchester-oakbrook-hinsdale-il/>

Physiopedia. (2016). *Knee*. <https://www.physio-pedia.com/Knee>