Anatomy and Stability of the Knee Joint

Anatomy · Answer Key · 10 Questions

1. What type of joint is formed between the patella and the femur?

A) Hinge joint
B) Saddle joint
C) Ball and socket joint
D) Pivot joint

2. What two properties does the knee joint successfully amalgamate?

A) Stability and mobility
B) Flexibility and rigidity
C) Strength and speed
D) Elasticity and tension

3. Which ligament is approximately twice as strong as the anterior cruciate ligament?

A) Tibial collateral ligament
B) Fibular collateral ligament
C) Posterior cruciate ligament
D) Patellar ligament

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

A) Restrains posterior glide
B) Restrains anterior glide
C) Supports rotational movement
D) Connects the femur to the fibula

5. Which structure supports the middle third of the lateral side of the knee?

A) Iliotibial band
B) Tibial collateral ligament
C) Posterior oblique ligament
D) Extensor retinaculum

6. Which ligament is a key stabilizer of the posterior third of the lateral side?

A) Tibial collateral ligament
B) Fibular collateral ligament
C) Anterior cruciate ligament
D) Medial patellar ligament

7. What is the knee joint classification due to its hinge and saddle components?

A) Simple hinge joint
B) Complex synovial joint
C) Compound synovial joint
D) Cartilaginous joint

8. When is the knee joint considered most stable?

A) During complete extension
B) During complete flexion
C) During rotation
D) During abduction

9. Which of these is classified as an intra-articular stabilizer?

A) Synovium
B) Menisci
C) Muscles
D) Tendons

10. Which bundle of the ACL is best for supporting the knee in extension?

A) Anteromedial bundle
B) Posterolateral bundle
C) Medial collateral bundle
D) Lateral collateral bundle