

# Anatomy and Stability of the Knee Joint

Anatomy · Practice Test · 10 Questions

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**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