1) **Bones, Joints, and Ligamentous structures**
   a. **Bones** – Be familiar with the parts of the bones as discussed in class and the landmarks associated with the bones listed below
      i. Knee (Tibiofemoral Joint)
         1. Femur
         2. Tibia
      ii. Patellofemoral joint
         1. Femur
         2. Patella
      iii. Key landmarks about the patella and knee knee
         a. Medial and Lateral condyles of tibia
         b. Medial and lateral epicondyles of the femur
         c. Medial and lateral condyles of the femur
         d. Adductor tubercle of the femur
         e. Pes Anserine attachment site Tibia
         f. Head of the fibula (as attachment for LCL)
         g. Gerdy’s Tubercle (as insertion for IT Band)
         h. Joint line – location of anterior portion of menisci
         i. Tibial Tuberosity (insertion of patellar ligament)
         j. Inferior pole of patella
         k. Superior border of patella
   b. **Joints** – Be familiar with the joints listed below, **all of the associated structures, and the ligaments** that bind and support the respective joints below:
      i. Tibiofemoral (Knee)
         1. Anterior Cruciate ligament
         2. Posterior Cruciate ligament
         3. Lateral Collateral (LCL or Fibular collateral)
         4. Medial Collateral (MCL or Tibial collateral)
         5. Posterior meniscofemoral ligament
      ii. Other structures (be familiar with these and know their location)
         1. Menisci (medial and lateral)
         2. IT band where crosses knee
         3. Pes anserine group where crosses knee
         4. Patellar Tendon
         5. Quad Tendon (superior to patella / distal quad)

2) **Muscles that act on the knee**
   a. Students should be familiar with the **origin, insertion, action(s), and innervation of the muscles listed below**. Give careful consideration to the comments in class related to movements, planes of movement, joint stability, and function. Also, review actions for the knee and the muscles that contribute to these actions
      i. **Muscles that act on the knee**
1. Biceps Femoris
2. Semitendinosus
3. Semimembranousus
4. Gracilis
5. Sartorius
6. Gastrocnemius
7. Popliteus
8. Plantaris
9. Rectus femoris
10. Vastus lateralis
11. Vastus medialis
12. Vastus intermedius

b. General Concepts
   i. Review the role of the ACL
   ii. Review our discussion of how the ACL is injured
   iii. Review the nature of dynamic vs static stabilization as it pertains to the knee
   iv. Review how specific muscle groups assist in stabilization as it relates to specific ligament injury
   v. Be able to differentiate medial from lateral menisci
   vi. Understand healing issues as they relate to blood supply in the menisci