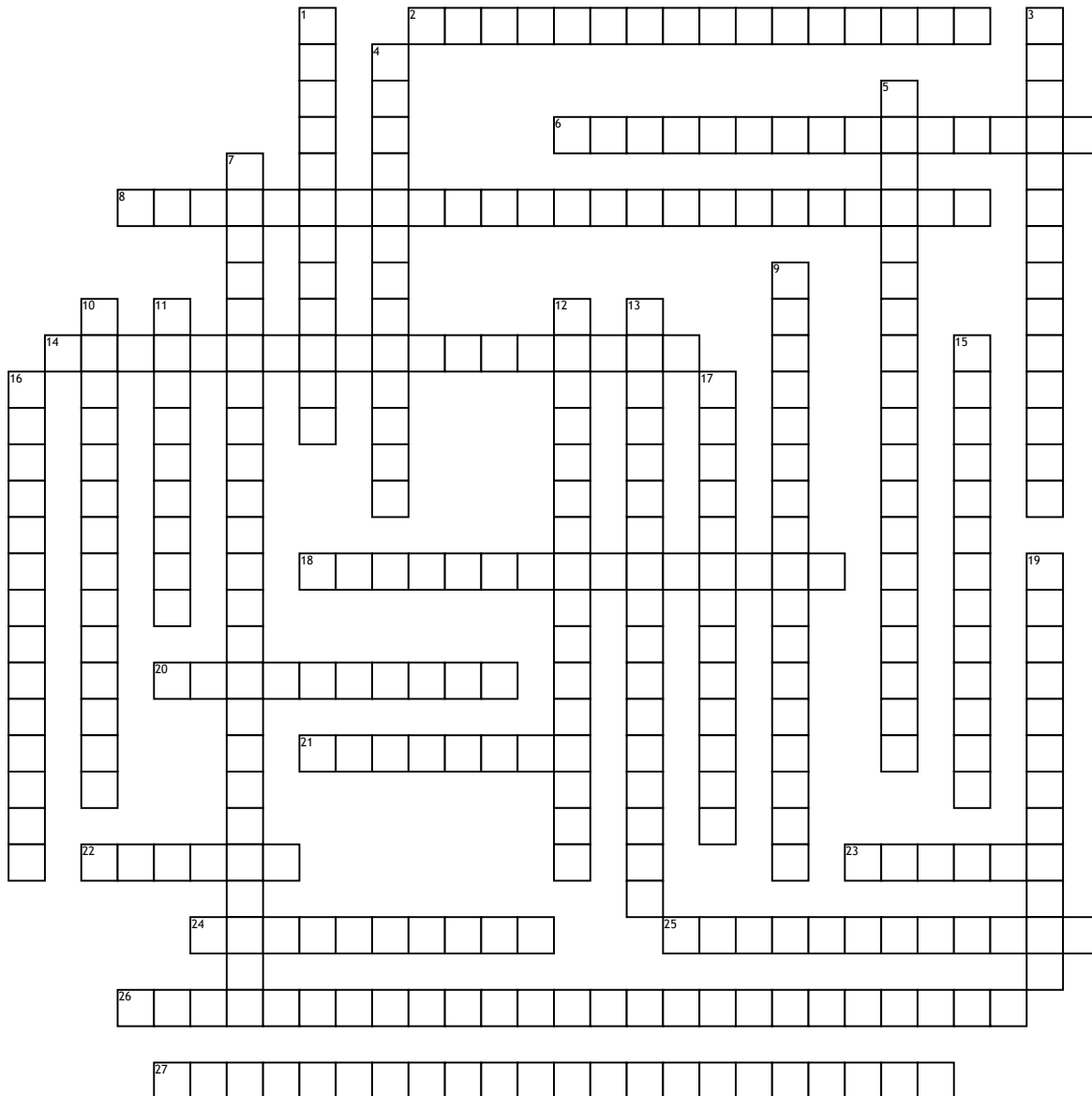


The Knee Joint



Across

2. Simultaneous injury of the ACL, MCL, and Medial Meniscus...
6. The most medial hamstring muscles???
8. This ligament tightens during extension to prevent hyper-extension of the knee...
14. Patellar tendon tenderness, resulting from overuse or sudden impact overloading, such as that associated with "jumper's knee..."
18. Posterior knee joint that unlocks the knee to initiate knee flexion... It is the deepest muscle at the distal end of the thigh, lying deep to the proximal heads of the gastrocnemius...
20. All 4 of these muscles cross the knee anteriorly and extend the knee...
21. This HIP ADDUCTOR muscle is the only 2-joint muscle that crosses both the hip and the knee; it contributes toward medial knee stability and knee flexion...
22. Fluid filled sacs that reduce friction and provide some shock absorption...
23. Angle between the quadriceps muscle and the patellar tendon...

Down

3. "Knock-Kneed"
25. Common innervation of the hamstrings???
26. Intracapsular tibiofemoral ligament that keeps the femur from displacing anteriorly on the tibia or the tibia displacing posteriorly on the femur, conversely; it tightens during (knee) flexion...
27. Softening and degeneration of cartilage on the posterior aspect of the patella, causing anterior knee pain...
- Down**
1. Common innervation of the hamstring muscles???
3. Hyper-extension of the joint, beyond 5 degrees...
4. This large and generally strong two-joint calf muscle enables standing upright, without use of the quadriceps muscles...
5. Articulation between the femur and the patella...
7. Provides medial stability of the knee and prevents excessive motion with lateral blow to the knee (valgus force)

9. This meniscus is torn more frequently than its counterpart ...
10. Synonymous term for "Quadriceps Tendon"
11. Bow-Legged
12. Common insertion of the quadriceps???
13. Knee joint articulation, occurring between the medial and lateral femoral condyles and the tibial condyles, connecting the distal femur to the proximal tibia...
15. The only quadriceps muscle that crosses both the knee and hip joints -- and the most superficial quadriceps muscle, serving knee extension and hip flexion
16. Degeneration of joint cartilage, from wear and tear, leading to pain, stiffness, and swelling of the affected joint(s)...
17. The short head of the _____ muscle is the only part of the hamstring muscle group that functions exclusively at the knee joint...
19. Common innervation of the quadriceps muscles???