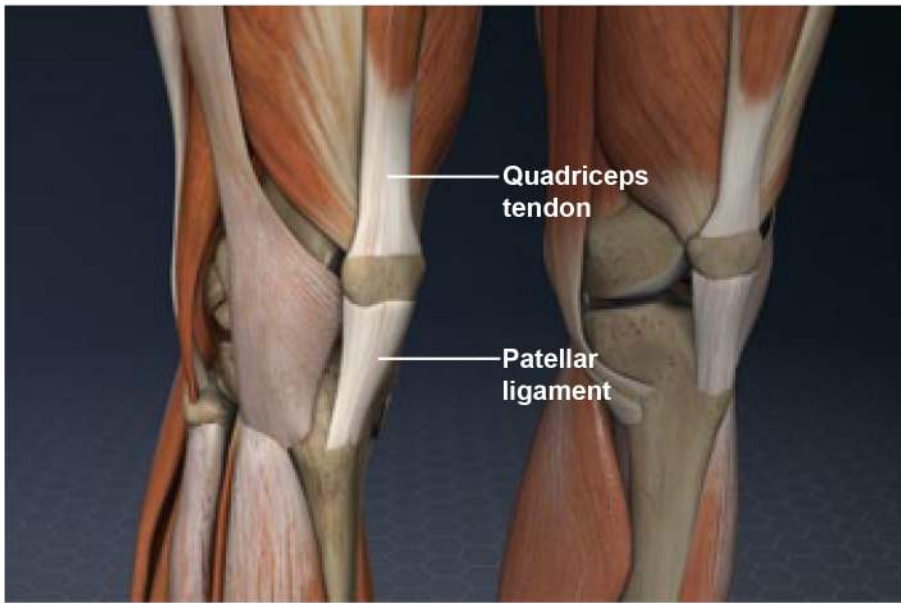




Anatomy of the Knee



Collateral Ligaments

Another set of ligaments, called the "collateral ligaments," are found on the sides of the joint. They minimize side-to-side movement and help stabilize the knee.

Securing the Patella

The patella is secured in place at the front of the knee by the quadriceps tendon and the patellar ligament. These connect to the upper and lower portion of the patella. They allow the patella to move as the knee flexes and extends.

Conclusion

The knees must support your body's weight as you stand, walk, run and jump. Because they bear such a heavy load, the knees are vulnerable to injury and to osteoarthritis.

