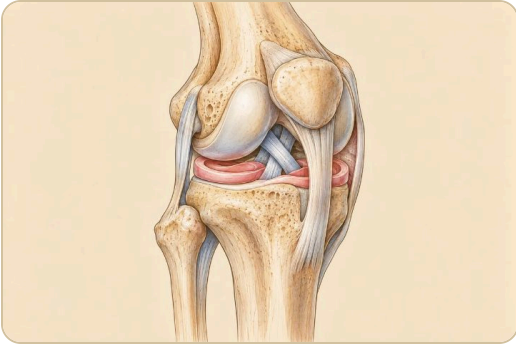


Name: _____

Date: _____

How does the knee work?



READ

The knee is where the thigh bone meets the shinbone. It works a bit like a door hinge (just a comparison): it bends and straightens. Inside, ligaments hold everything firm and cushions called menisci soften jumps.

1 Which part is it? Use the words in the box.

Fibula

Femur

Tibia (shinbone)

1. The thigh bone, the biggest bone in the body. Its lower end forms the knee. _____
2. The shinbone. Its top is like a little table the femur rests on (just a comparison). _____
3. The thin bone on the outside of the leg. _____

2 Match each part to what it does. Write the letter.

☐

1. Patella (kneecap)

☐

2. Quadriceps muscle and tendon

☐

3. Patellar tendon

☐

4. Anterior cruciate ligament (ACL)

A. Straightening the knee

B. Stopping the tibia sliding forward

C. Protecting the knee and helping straighten the leg

D. Linking the kneecap to the tibia

3 True or false? Write T or F.

☐

1. **Femur:** steadying the outer leg

☐

2. **Tibia (shinbone):** forming the bottom of the knee

☐

3. **Fibula:** forming the top of the knee

☐

4. **Posterior cruciate ligament (PCL):** stopping the tibia sliding backward

4 Think and answer

What is a torn ACL?



Spin it in 3D and read more
anatomytour.com/en/knee

Answer key: How does the knee work?

1 Which part is it?

1. Femur
2. Tibia (shinbone)
3. Fibula

2 Match each part to what it does.

1. C
2. A
3. D
4. B

3 True or false?

1. F (Femur: forming the top of the knee)
2. T
3. F (Fibula: steadying the outer leg)
4. T

4 Think and answer

It is when the anterior cruciate ligament tears, usually during a sudden twist or stop with the foot planted.

