

## **Hip Joint**

Briefly describe the hip joint:

Bones of the hip

- 1.
- 2.
- 3.
- 4.

Describe the acetabulum.

What is the function of the labrum?

What is the function of the synovial membrane?

What is the function of articular cartilage?

What is the function of bursae?

Major ligaments of the hip:

- 1.
- 2.
- 3.

Movement/muscles of the hip

Movement

Muscles

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

## Knee Joint

Briefly describe the knee joint:

Bones of the knee

- 1.
- 2.
- 3.

Describe the menisci

Knee ligaments/functions

Ligament

Function

- 1.
- 2.
- 3.
- 4.

Movements /muscles of the knee

Movement

Muscle group

1.

2.

Name the four quadriceps muscles:

1.

2.

3.

4.

Name the three hamstring muscles

1.

2.

3.

## Ankle Joint

Briefly describe the ankle joint:

Bones of the ankle

- 1.
- 2.
- 3.

Movements/muscles of the ankle at the talus

- 1.
- 2.
- 3.
- 4.

Anterior muscles of the ankle (dorsiflexors) 1.

2.

Posterior muscle of the ankle (plantarflexor) 1.

Be sure to know the ligaments from the diagrams folder.

Ankle sprains -

Inversion -

Eversion -

Treatment -