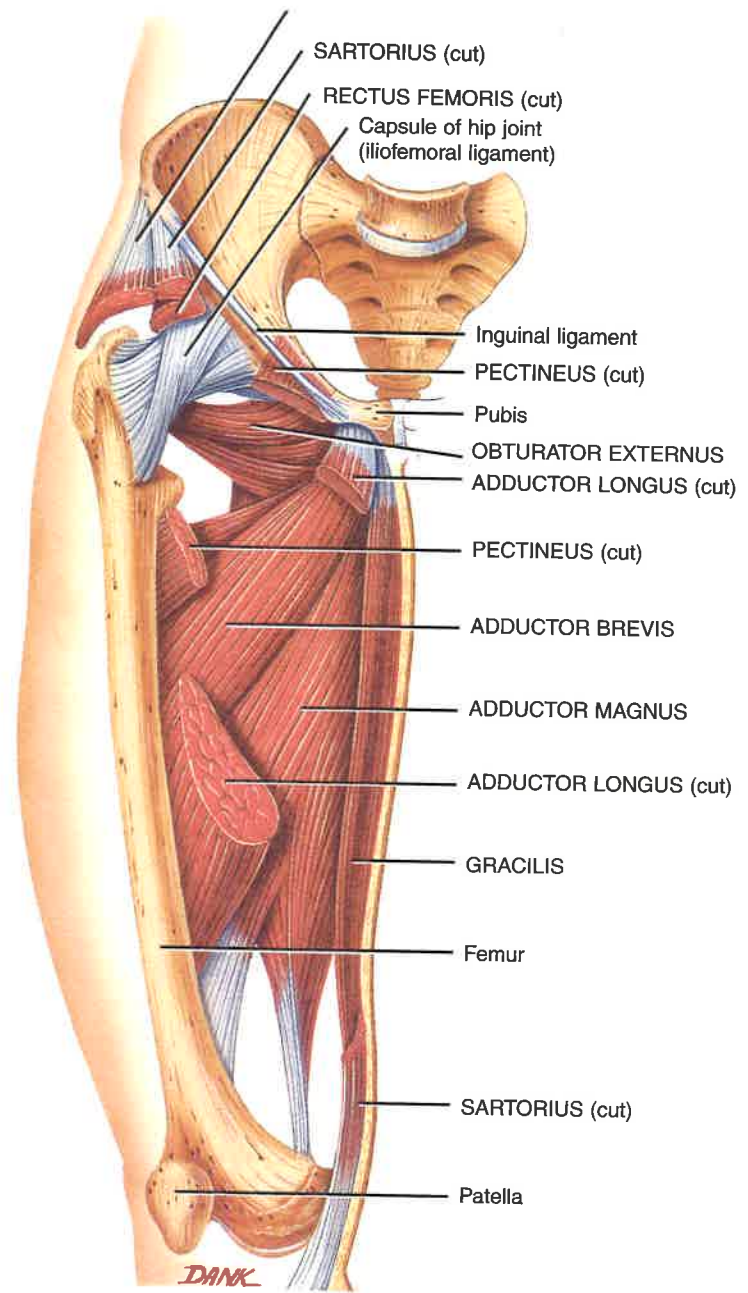
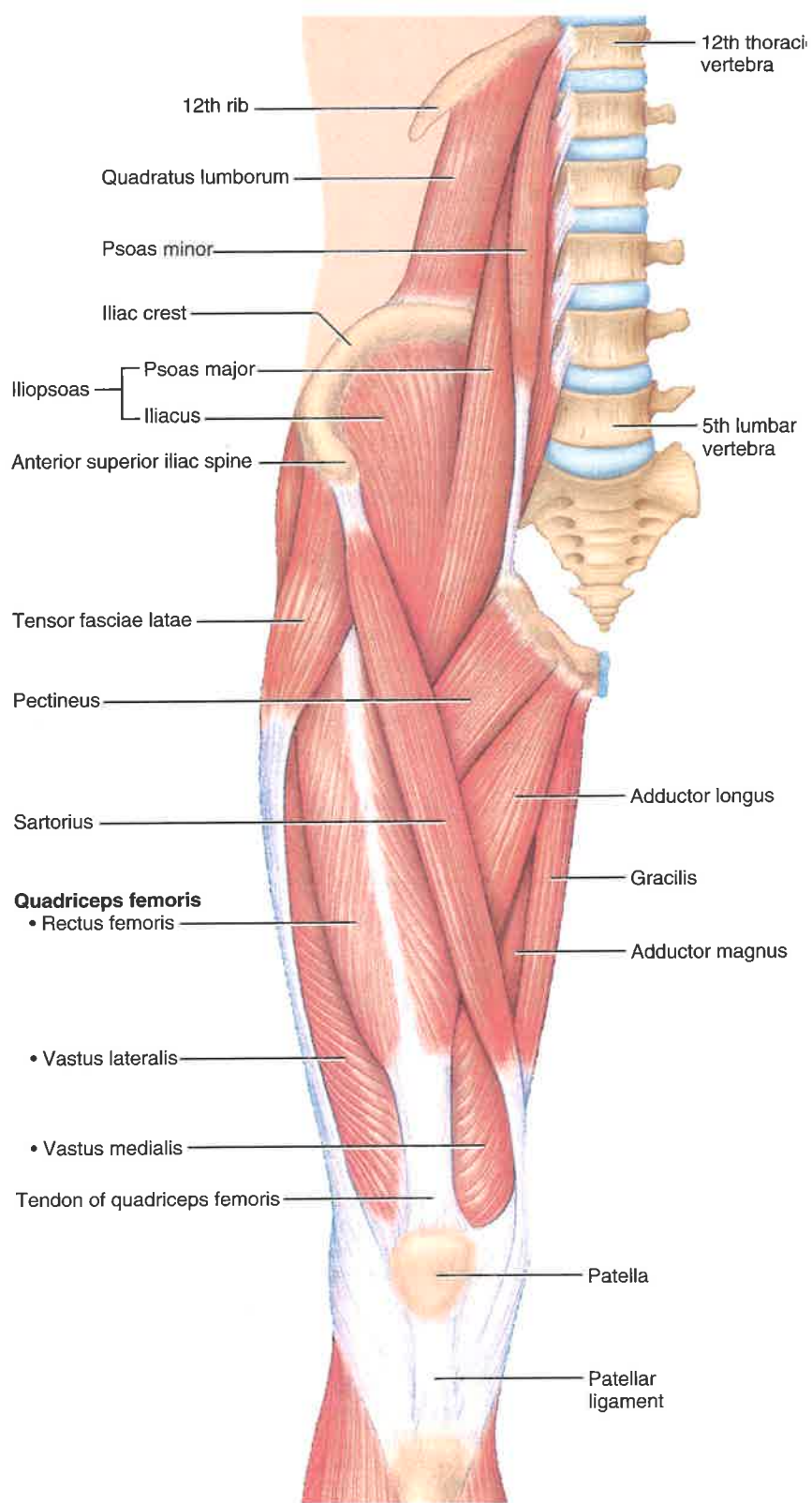
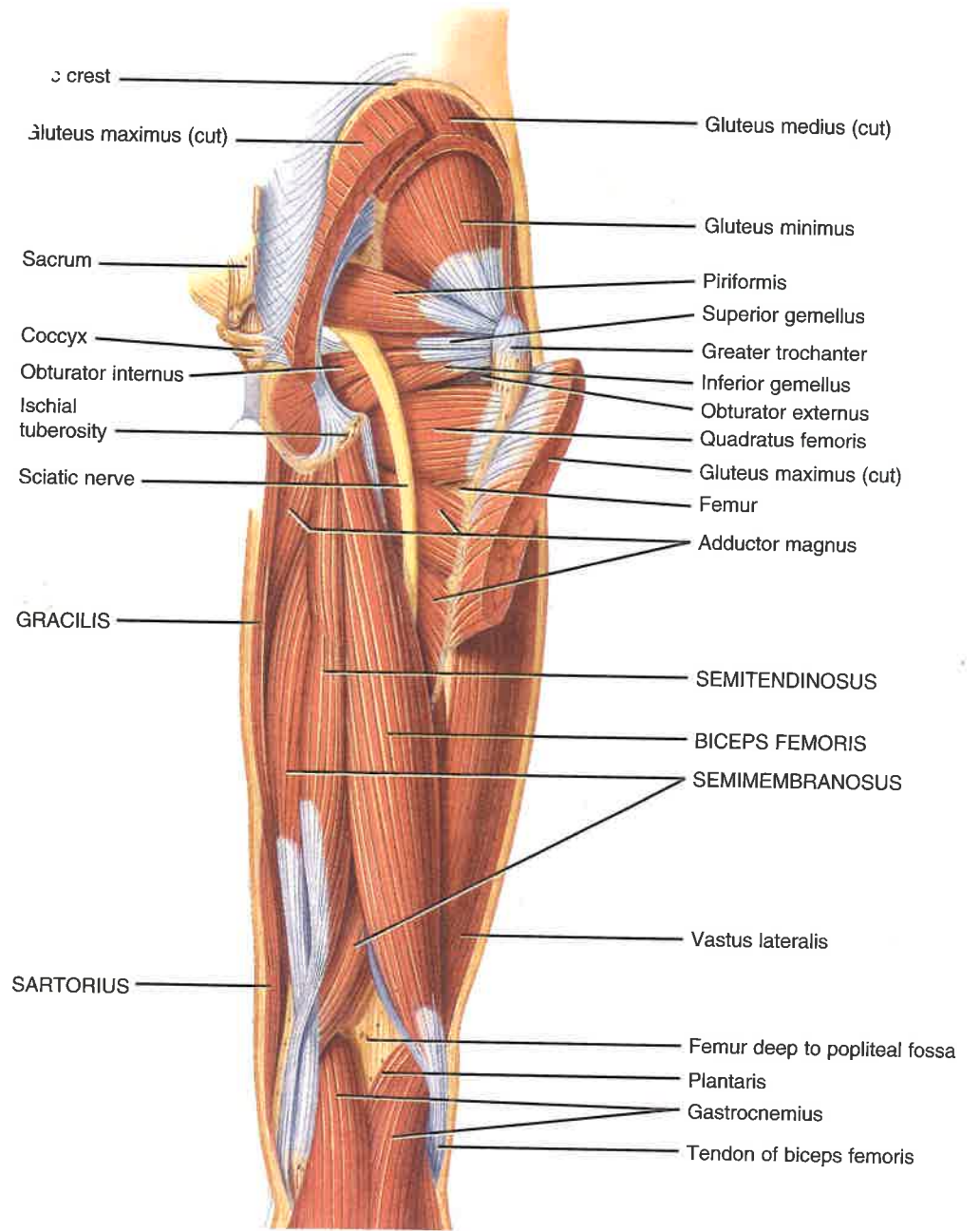
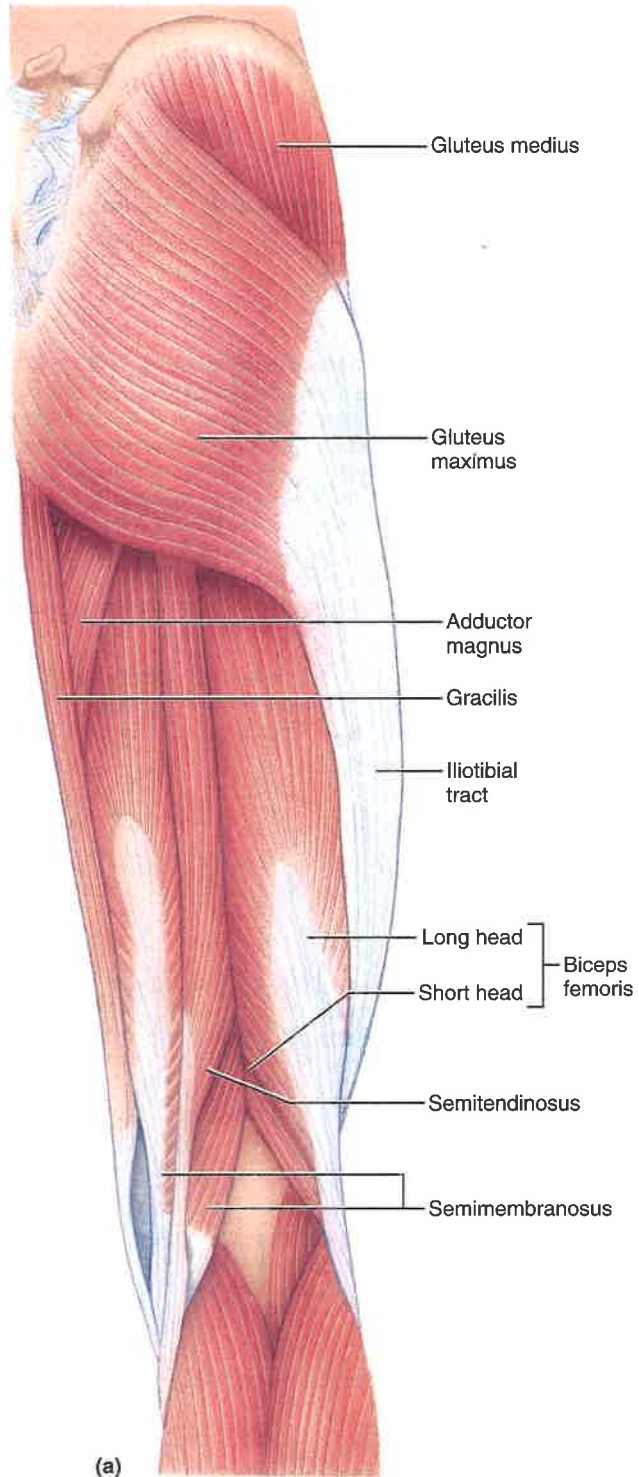
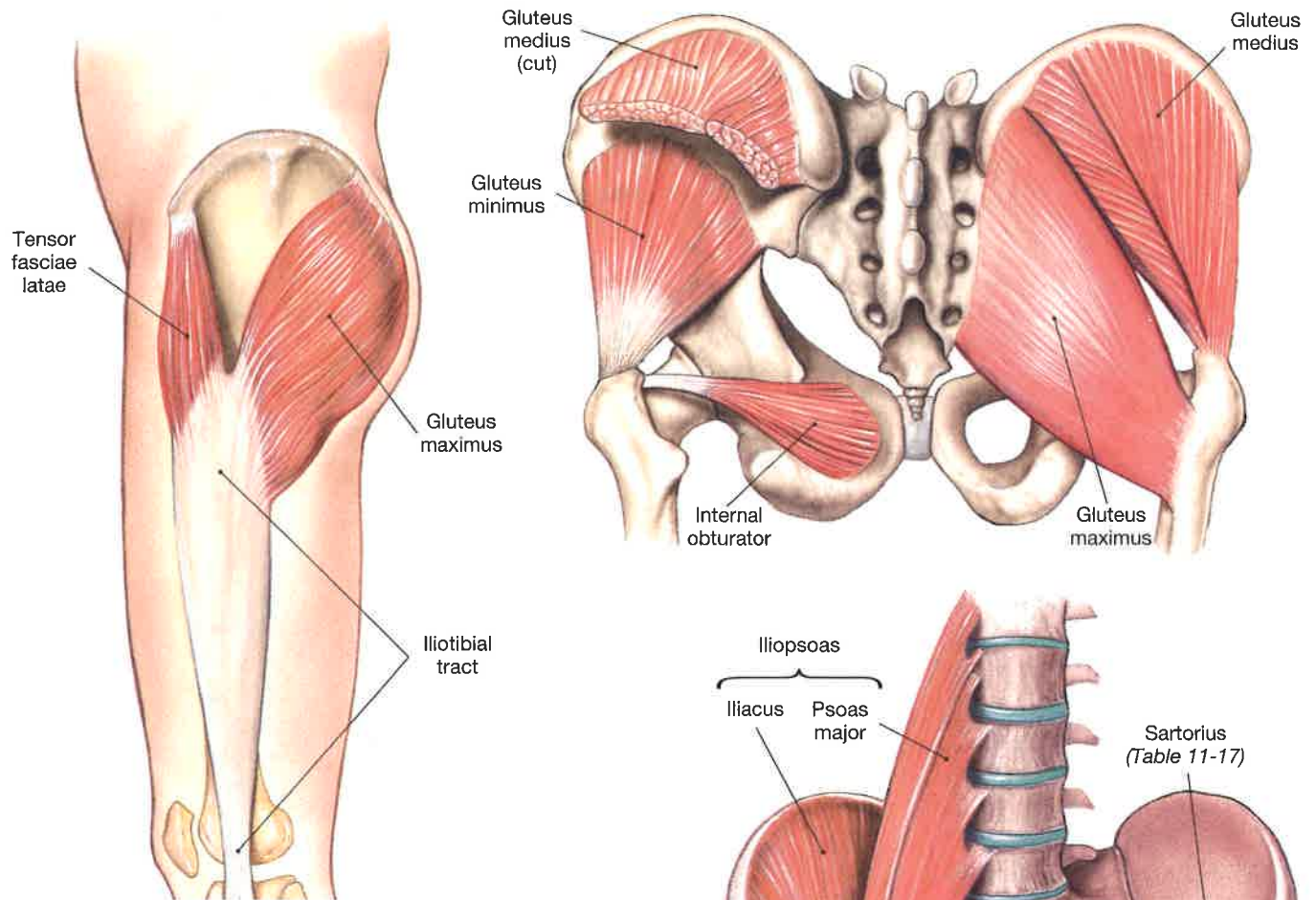


● **FIGURE 9-11**

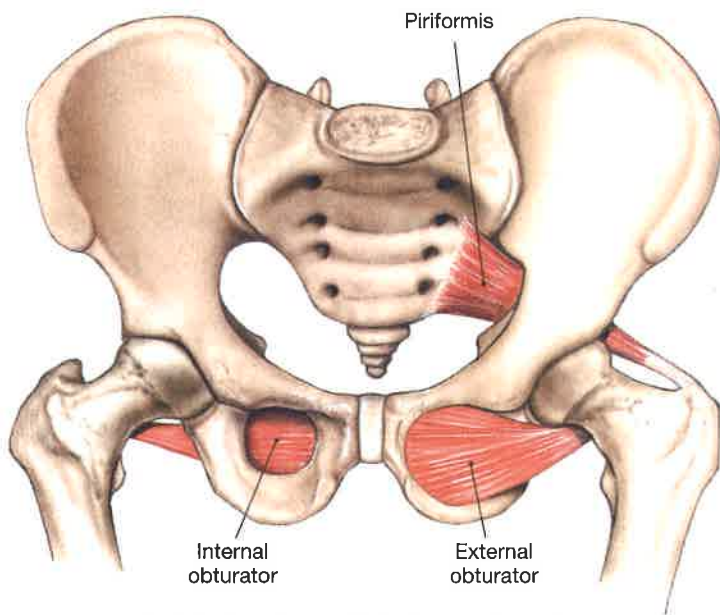
The Hip Joint. (a) Lateral view of the right hip joint with the femur removed. (b) Anterior view of the right hip joint. (c) Posterior view of the right hip joint, showing additional ligaments that add strength to the capsule. (d) Sectional view of the right hip joint. *Atlas Plate 7.3a; Scan 4*







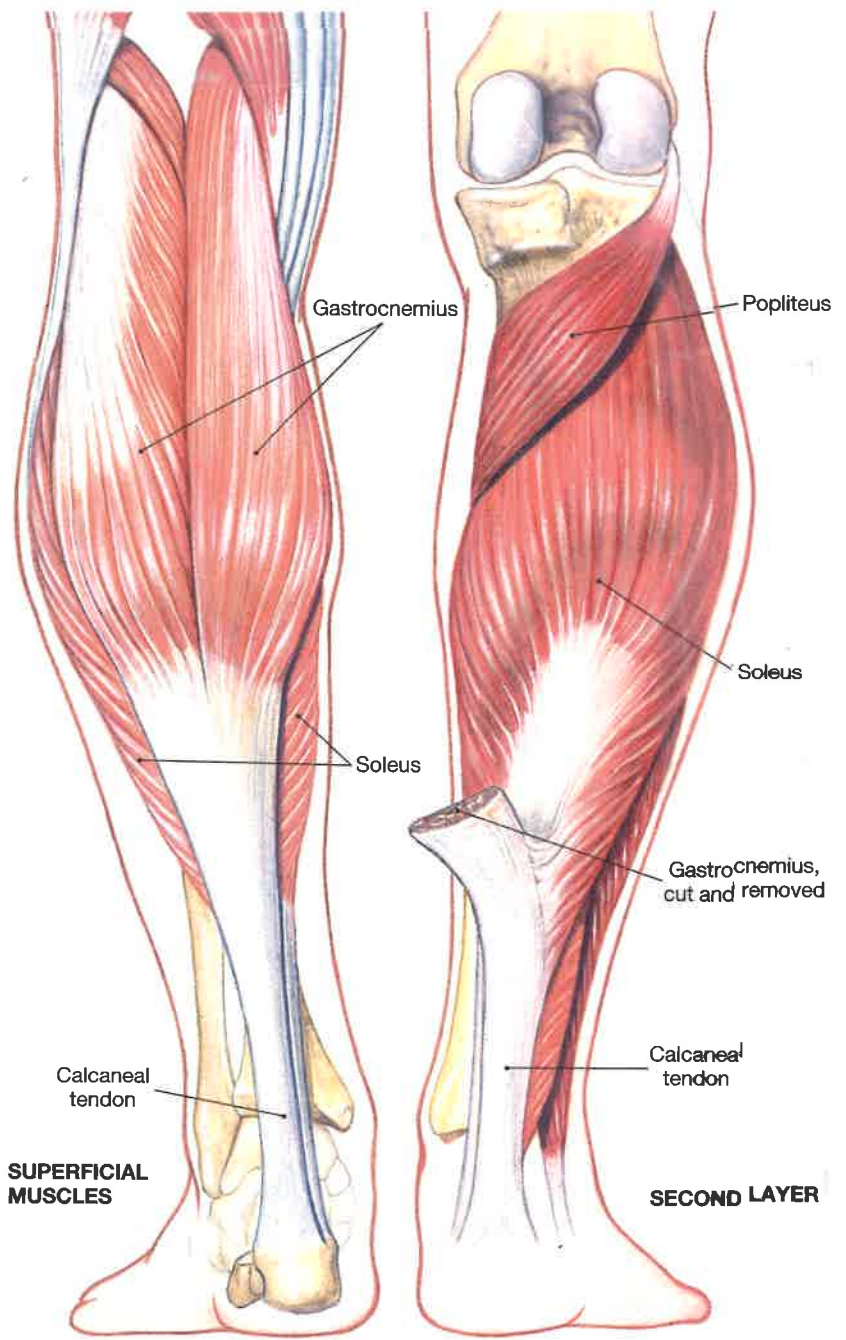
(a) The gluteal muscle group



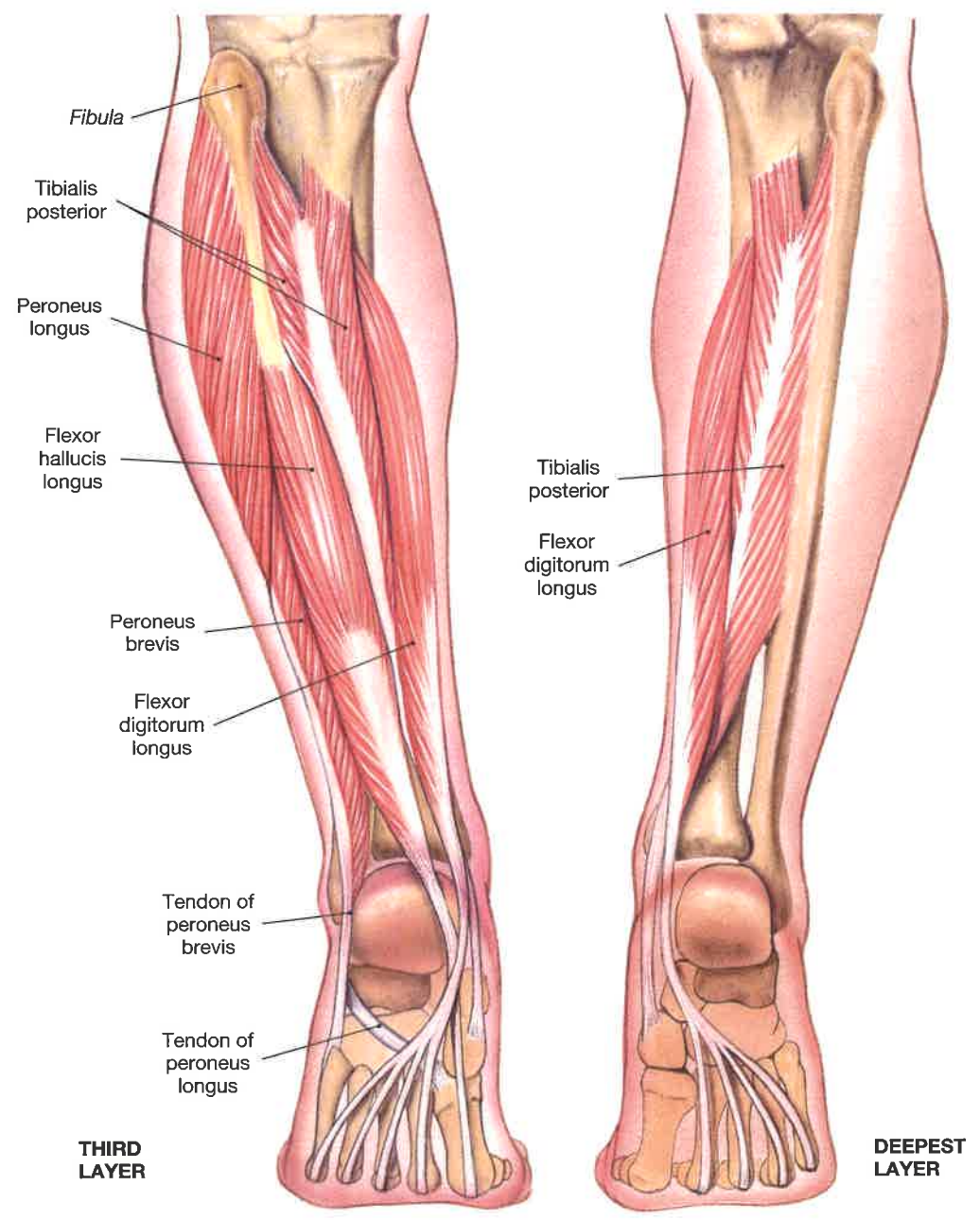
(b) Anterior view, major lateral rotator group

(c) The iliopsoas muscle and the adductor group

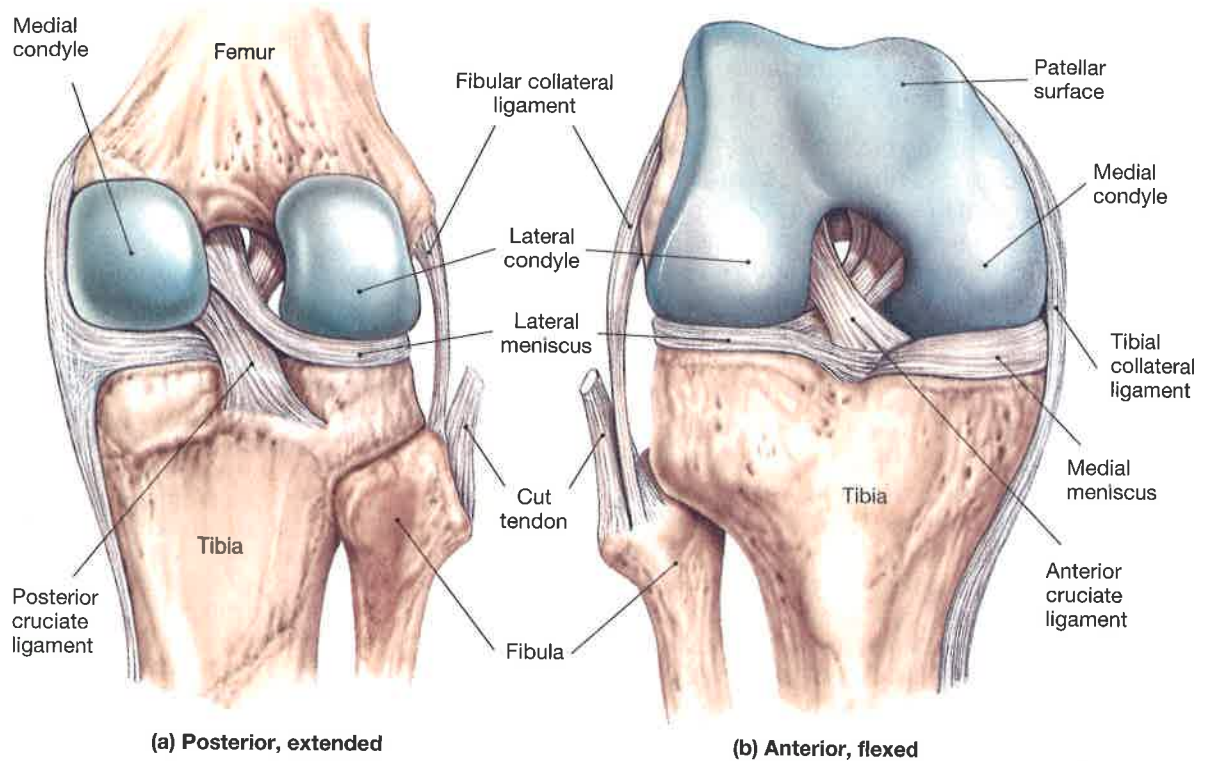
● **FIGURE 11-21**
Muscles That Move the Thigh. See also Figures 8-7, 8-8, 8-11, and 9-11, pp. 247, 248, 250, 278. *JAM* **Plates 7.2, 7.3**



(a) Posterior view

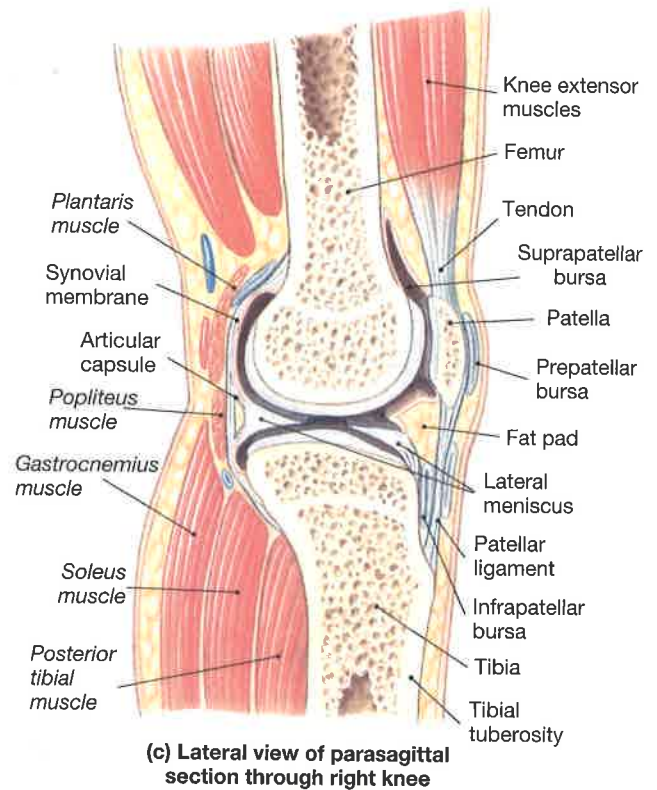
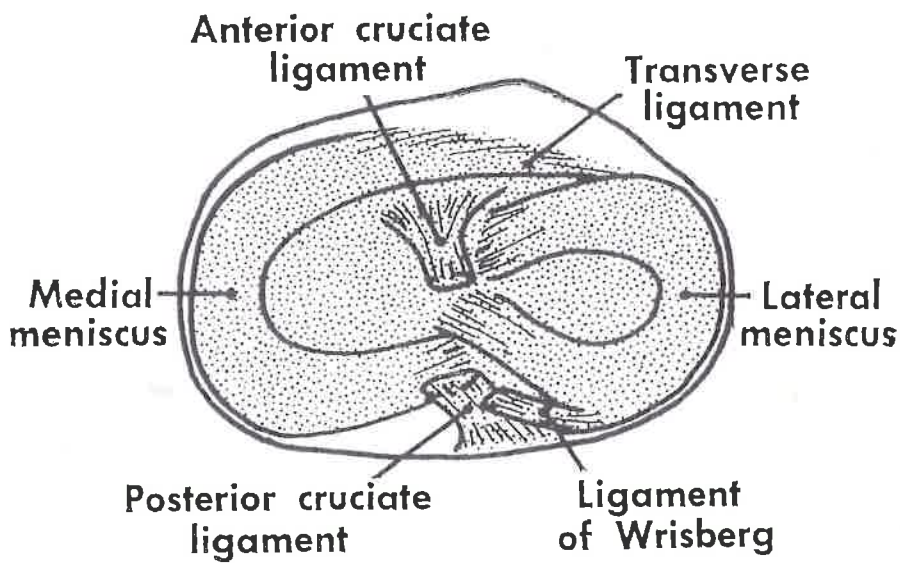


(b) Posterior view



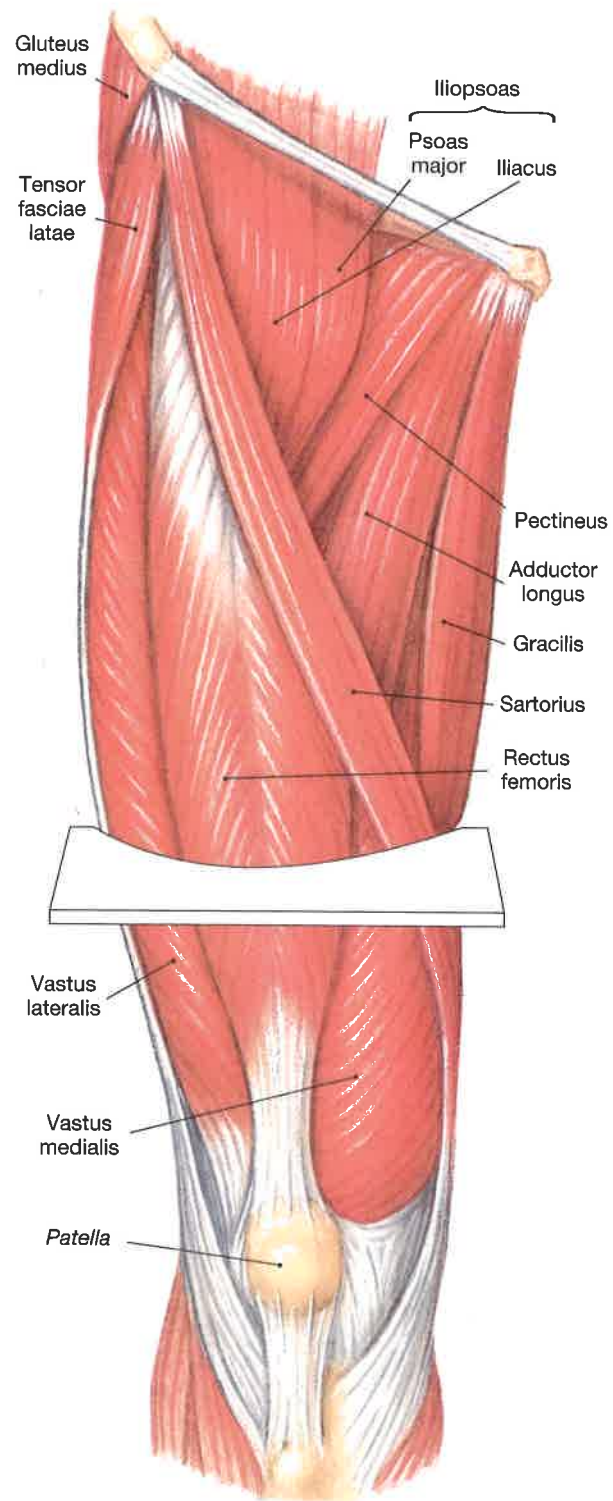
Supporting Ligaments

Figure 9-12



● **FIGURE 9-12**

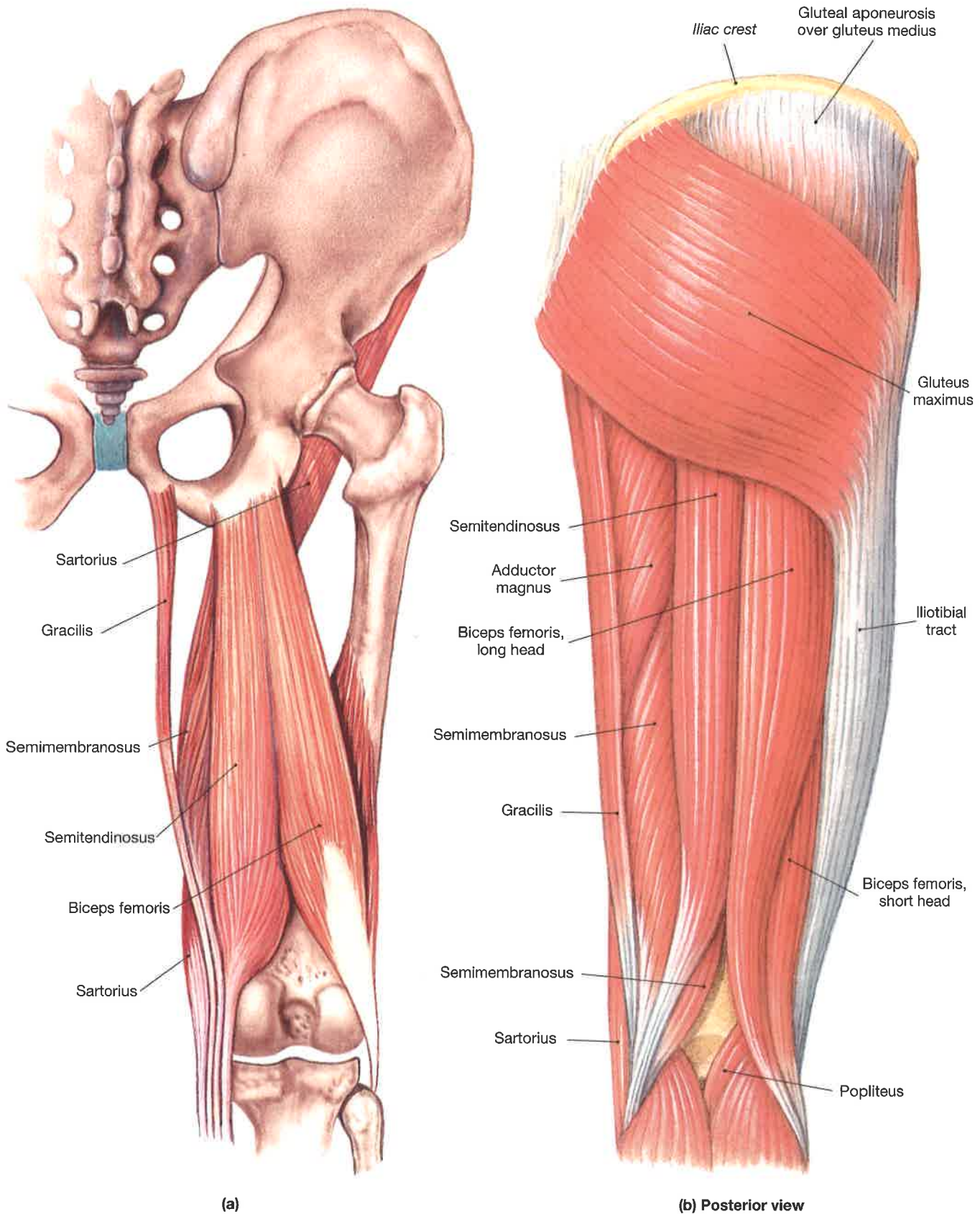
The Knee Joint. (a) Posterior view of the right knee at full extension. (b) Anterior view of the right knee at full flexion. (c) Lateral view of the extended right knee as seen in parasagittal section, showing major anatomical features. [AMI](#) Plate 7.3; Scans 5, 6, 7



(c) Anterior view

● **FIGURE 11-22**

Muscles That Move the Leg. (a) Diagrammatic view of leg flexors. (b) Posterior view of thigh. (c) Anterior view of thigh. (d) Sectional view of thigh muscles. See also Figures 8-11, 8-12, 8-13, and 9-12, pp. 250, 251, 252, 279. *AM* Plates 7.2, 7.3; Scans 4, 5, 6, 7



Medial collateral (MCL) Sprain – Stretch, tear or rupture of the ligaments that join the femur and tibia on the medial side of the knee joint. Immediate pain, swelling, stiffness and instability. Caused by direct impact to the outer side of the knee that forces the knee inward.

Anterior Cruciate (ACL) sprain – Stretch, tear or rupture of one of the two ligament that lie in the center of the knee joint. Immediate pain or pop at the time injury occurs, sensation that the knee is coming apart.. Caused by a violent twist usually when the foot is fixed in place and the upper leg and/or body is rotated.

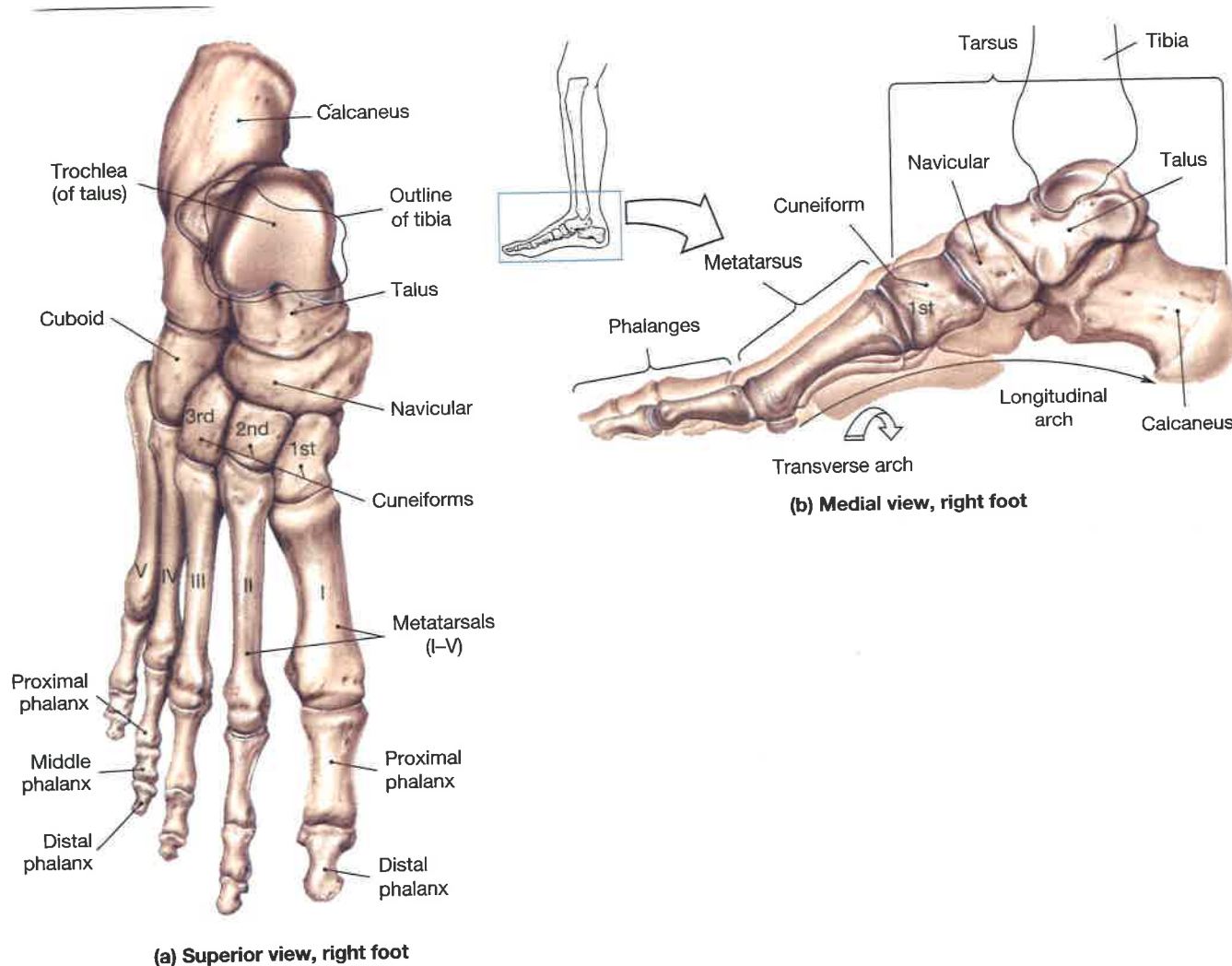
Iliotibial Band friction syndrome – Onset of symptoms is gradual. Tightness on lateral side of knee, may turn into a burning or stinging during running. Especially down hill or down stairs. Caused by repetitive bending and straightening of the knee as in running.

Meniscus injuries – Gradual onset of symptoms. Pain on inner side of knee during sports. Clicking or locking in the joint. Caused by excessive twisting, turning and compression of the knee joint, preceded by a single small tear that worsens over time.

Bursitis Conditions in the Knee – Tenderness and swelling over the knee cap, nowhere else in the joint. Limited motion because of swelling. Caused by repetitive movements and minor impacts as well as frequent pressure, as in kneeling.

Osgood Schlatter Syndrome – Gradual onset of symptoms, low grade ache when getting out of bed, worsens over two weeks. Pain directly over the patellar tendon where it attaches to the tibia. Pain increases when bending, squatting or climbing stairs. Can be caused by repetitive movements or growth spurts.

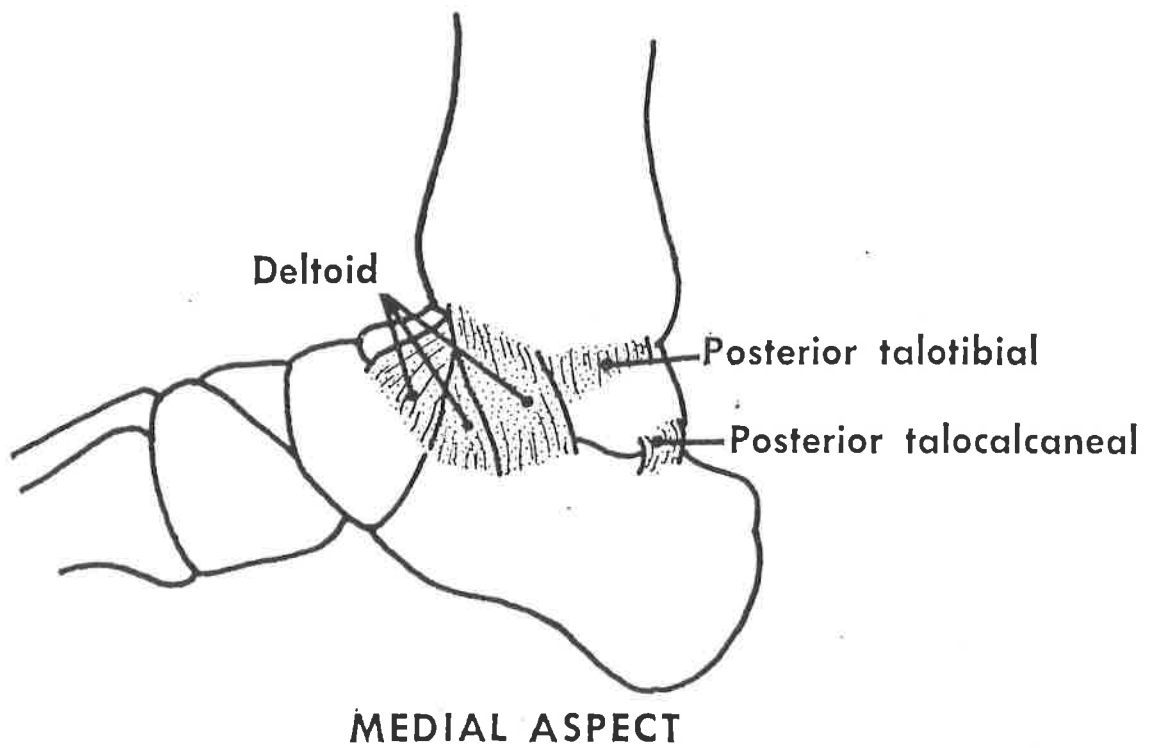
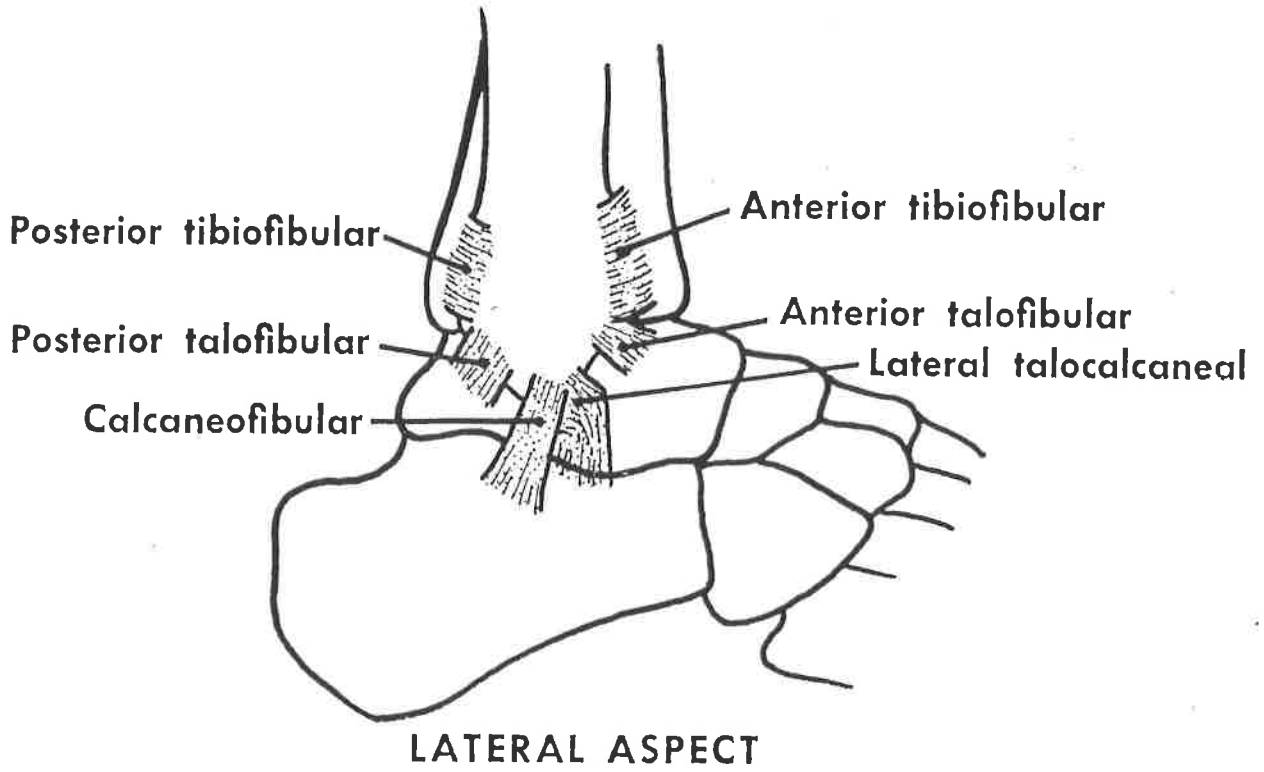
Patellar Tendonitis - “jumpers knee”. Inflammation of the patellar tendon. Pain below the kneecap during running or jumping activities/ Caused by repetitive jumping.

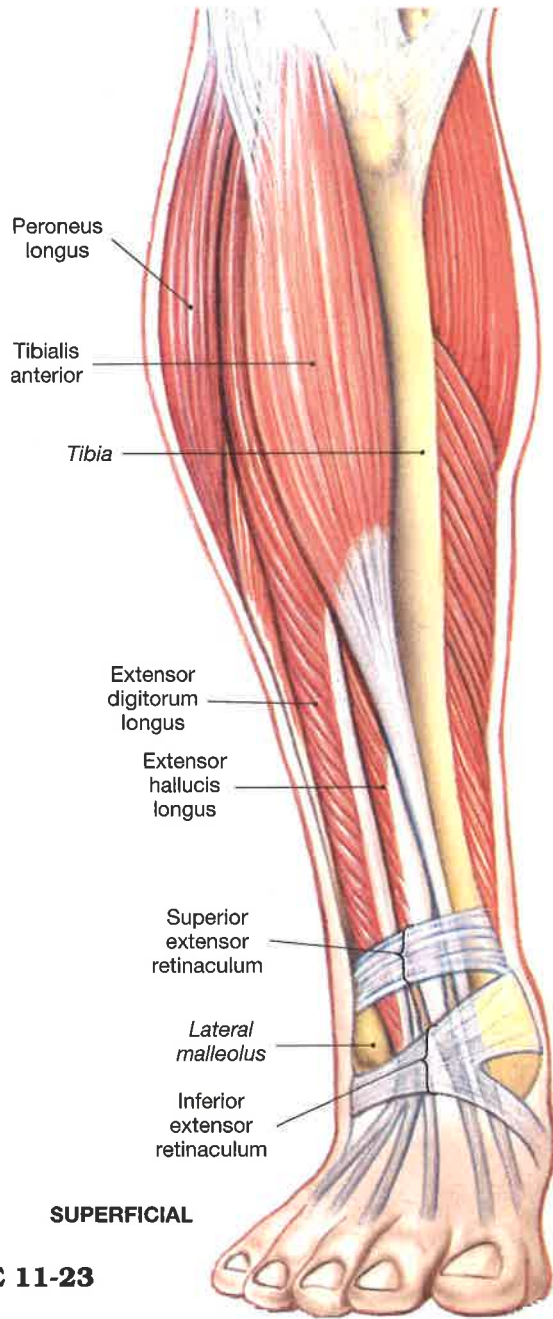


● **FIGURE 8-14**

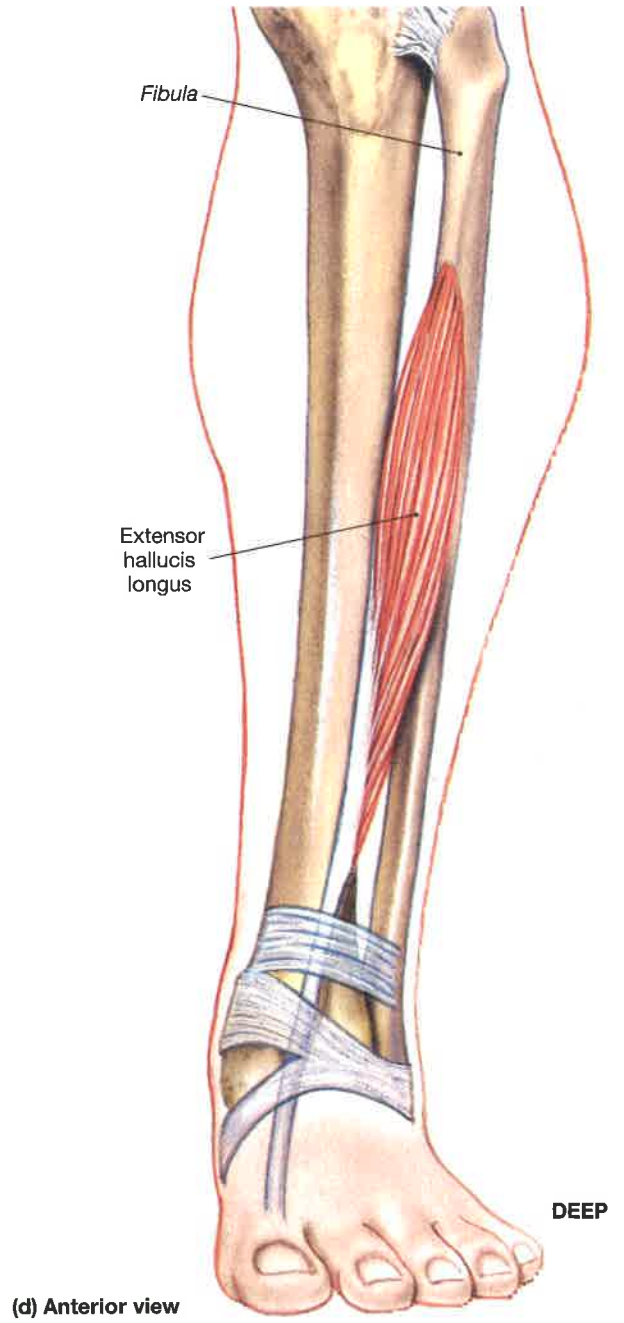
Bones of the Ankle and Foot. (a) Bones of the right foot as viewed from above. Note the orientation of the tarsals that convey the weight of the body to the heel and the plantar surfaces of the foot. (b) Medial view of bones of the foot. (c) Lateral view of the right foot. Note the firm contact with the surface along the lateral border of the sole. [Scan 8](#)

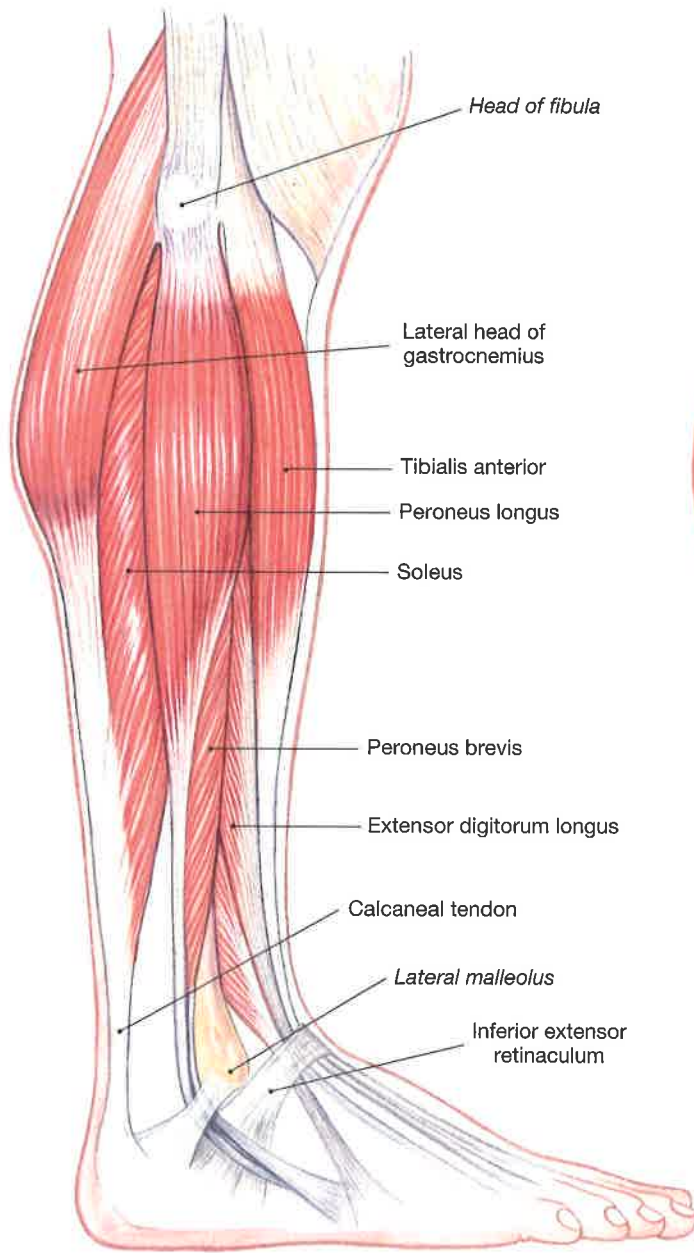
Fig. 140. Ligaments of the ankle.





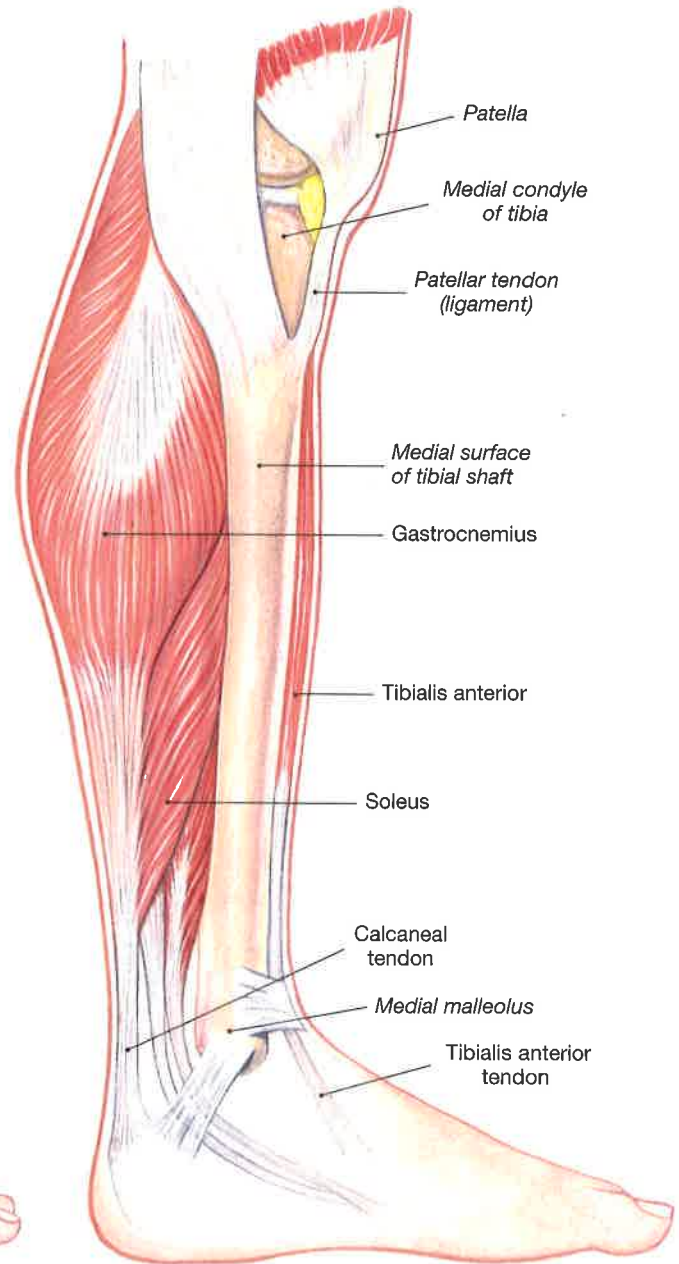
● **FIGURE 11-23**
continued





Lateral view

(c)



Medial view

Medial collateral (MCL) Sprain – Stretch, tear or rupture of the ligaments that join the femur and tibia on the medial side of the knee joint. Immediate pain, swelling, stiffness and instability. Caused by direct impact to the outer side of the knee that forces the knee inward.

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