1. Describe the bony arrangement of the knee.

2. What are menisci and why are they important?

3. What are the functions of the cruciate ligaments?

4. What are the functions of the collateral ligaments?

5. Why is the joint capsule important?

6. Why is bursae important?

7. What is the kinetic chain and how does it work?

8. What are some history questions you could ask an athlete with a knee injury?

9. Explain some of the things you would look for in a knee injury?

10. How does patellar malalignment contribute to knee cap pain?
11. What is the difference between genu valgum and genu varum and why is this important?

12. What are 3 tests to determine laxity of the anterior cruciate ligament?

13. What are 2 tests of determine laxity of the posterior cruciate ligament?

14. What are some causes of patellar dislocations/subluxations?

15. What is the difference between patello-femoral arthralgia, chondromalacia patella and patello femoral stress syndrome?

16. What are some causes of patello-femoral stress syndrome?

17. What is Osgood-Schlatter’s Disease and what are it’s causes?

18. What is the causes and treatment of patellar tendinitis?

19. What is ilio-tibial band friction syndrome? Pes Anserine tendinitis/bursitis?

20. What is plica? How is it treated?