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KneeJoint Function Anatomy Cleveland Clinic.

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The knee is a modified hinge joint which permits flexion and extension as well as slight internal and external rotation. The knee is vulnerable to injury and to the development of osteoarthritis Jan 25 2023 Kneepain may be the result of an injury such as a ruptured ligament or torn cartilage

Medical conditions including arthritis gout and infections also can cause kneepain Mar 2 2023 The knee is the biggest joint in your body. It's also one of the most commonly injured joints

Knees contain bones cartilage muscles ligaments and nerves Apr 18 2025 Kneepain can result from injury arthritis or overuse. Learn about its causes symptoms and treatment options Sep 5 2025 The knee joint is a complex structure that involves bones tendons ligaments and muscles for normal function

Three bones come together in the knee joint the tibia femur and patella Apr 28 2025 The precise location of your kneepain can help you narrow down the potential cause

Here's what you need to know as well as a chart May 9 2025 The knee is the largest and most complex joint in the body holding together the thigh bone shin bone fibula on the outer side of the shin and kneecap. The knee's anatomy consists of many structures from the bones tendons and ligaments to the cartilage and muscles to help the knee function

If you want to learn more about knee anatomy please watch this knee anatomy video or this article Knee JOINT Anatomy External rotation occurs during the terminal degrees of knee extension and results in the tightening of both cruciate ligaments which locks the knee

The tibia is then in the position of maximal stability with respect to the femur Jun 23 2025 Muscles and tendons help the knee joint move

When any of these structures is hurt or diseased you have knee problems. Knee problems can cause pain and difficulty walking. Knee problems are very common and they occur in people of all ages.

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