

Athletic Injuries of the Knee Anatomical Chart



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Athletic Injuries of the Knee is designed as a tool to help primary care and sports medicine practitioners and therapists explain anatomical and sports injury concepts to their patients and clients. This chart provides an overview of normal knee anatomy and common injuries and showcases 11 images which illustrate the mechanisms of knee injuries in the context of a human figure playing sports. The vibrant images are from the Anatomical Visual Guide to Sports Injuries and are listed below: Pathological Knee Injury Images: LCL Tear MCL Tear ACL Tear PCL Tear Patellar Tendinopathy: Shows tendinopathy at the following sites: distal quadriceps femoris tendon, distal pole of patella, patellar tendon insertion onto the tibial tubercle Meniscus Tears: Shows

bucket handle tear, vertical tear, radial tear, parrot beak tear, fraying/degenerative Sports Injury Mechanism Images: ACL Tear: Basketball ACL Tear: Skiing PCL Tear: Wrestling MCL Tear: Football LCL Tear: Rugby Hyperflexion/Meniscus Tear: Skating Jumper's Knee: Volleyball Patellar Tendon Rupture: Weight Lifting Tibia Fracture: Soccer IT Band Syndrome: Running Normal Anatomy Images: Anterior View of Knee Medial View of Knee Superior view of Knee Showing Meniscus

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