

Bigfork Valley Surgery & Specialty Clinic



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KNEE ANATOMY

1. Quadriceps Tendon – A very strong tendon that forms by 4 muscles that attaches to the patella (knee cap). The purpose is to straighten or extend the knee.
2. Patella -femoral – Refers to where the kneecap glides on the end of the femur/thigh bone when bending the knee.
3. Patella Tendon – A tendon that starts at the bottom side of the patella and continues to an attachment on the tibia tubercle (prominence) on the front of the tibia (shinbone).
4. Medial – Referring to the inside portion of the knee joint.
5. Lateral – Referring to the outside portion of the knee joint.
6. Articular Cartilage – A smooth covering to the ends of bones- like the end of a “chicken bone”. Provides smooth motion between bones.
7. Chondromalacia – Softening of the articular cartilage.
8. Condyle – End of the femur/thigh bone.
9. Effusion – an accumulation of fluid in the joint. May be caused by a tear of a ligament, meniscus, fracture, or arthritis.
10. Ligament – Strong bands of tissue that connects bones to bones. These include the Anterior Cruciate Ligament (ACL), Posterior Cruciate Ligament (PCL), Medial Collateral Ligament (MCL), and Lateral Collateral Ligament (LCL).
11. Loose Body – A piece of cartilage that is floating around in the knee joint.
12. Meniscus – A firm piece of cartilage sometimes referred to as a shock absorber that is located between the femur/thigh bone and tibia/shin bone.
13. Meniscocapsular – Junction between the meniscus and its attachment to the capsule or lining to the knee joint.

14. Osteochondral Defect (OCD) – Where a piece of articular cartilage and bone becomes cracked or loose from the end of the bone.
15. Plateau – Top of the tibia/shin bone.
16. Subchondral Edema – Bruising with the spongy part of the bone. Sometimes referred to as a bone contusion.
17. Synovitis – A thickening of the lining of the knee joint.