

KNEE ARTHROSCOPY

Trauma & Orthopaedic Directorate

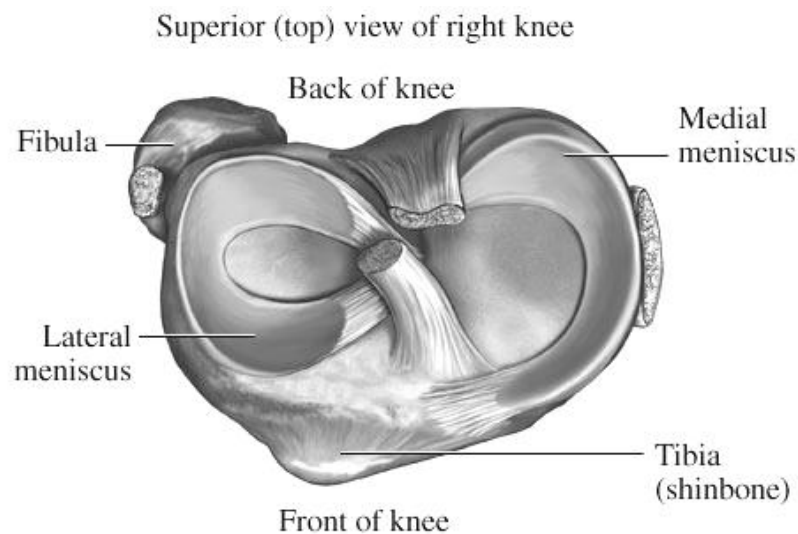
How the Normal Knee Works

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The knee is the largest joint in the body, and one of the most easily injured. It is made up of the lower end of the thigh bone (*femur*), the upper end of the shin bone (*tibia*), and the knee cap (*patella*), which slides in a groove on the end of the femur. Four bands of tissue, the anterior and posterior cruciate ligaments, and the medial and lateral collateral ligaments connect the femur and the tibia and provide joint stability. Strong thigh muscles give the knee strength and mobility.

The surfaces where the femur, tibia and patella touch are covered with *articular cartilage*, a smooth substance that cushions the bones and enables them to glide freely. Semi-circular rings of tough fibrous-cartilage tissue called the *menisci* act as shock absorbers and stabilizers

The medial meniscus is on the inside of the knee and the lateral on the outside of the knee.



The bones of the knee are surrounded by a thin, smooth tissue capsule lined by a thin synovial membrane which releases a special fluid that lubricates the knee, reducing friction to nearly zero in a healthy knee