A215 Lab

Skeletal: Hip/Lower Limb/Joints
This is confusing!

To orient yourself:

1. Point iliac crest superiorly
2. Point acetabulum laterally (outward)
3. Point notch posteriorly
4. Point pubis medially

What part of this bone would you sit on?
Knee Joint

- **Cruciate ligaments** named for their attachment on the TIBIA, cruciate = cross
  - Posterior cruciate ligament attaches to the back side of the tibia
  - Anterior cruciate ligament attaches to the front side of the tibia
- **Articular Capsule** – entire sheath. Contents are: the patella, ligaments, menisci, and bursae (fluid filled sacs). The capsule consists of both a fibrous, and synovial portion.

The Fibrous portion of the knee joint consists of what structures??
The Synovial portion contains??
Self/Group Activity!!

- Try to put bones together!
- “Articulate” the various leg bones with each other and create motion
- If you integrate all these bones as one functioning unit, you WILL REMEMBER them better!
  (ex. Form the knee capsule with bones provided in lab, or go for the whole leg!)
- Do it, then show all your friends!
  (they will be impressed)
- Be aware… you may be trying to fit a right tibia with a left fibula…ask an AI for help!