Study Guide for Leg Quiz

Bone Structures

Pelvic Girdle
Femur
Acetabulum
Anterior iliac spine
Greater trochanter
Lesser trochanter
Femoral head
Neck (of femur)
Fovea capitis
Patella
Structures of the mortise and tenon joint
- Tibia
- Fibula
- talus

Calcaneus
Tarsals
Phalanges

Ligaments:

Deltoid ligament
ATFL ligament of ankle
MCL and LCL of the knee
ACL and PCL of the knee

Joints:

- Metatarsophalangeal joint (MTP)

Muscles

- Quads
  - Rectus femoris
  - Vastus medialis and lateralis
- Hamstrings
- Sartorius
- Tibialis Anterior
- Gastrocnemius

Questions to review

1. What is the Q-angle?
2. Why are women more prone to ACL injuries
3. High vs low ankle sprains: location and recovery times
4. What motion is most common to cause a sprain and what the ligaments are involved? Why is the other motion not as likely to cause a sprain?
5. What is coristose and what is the helpful purpose of using it, but all the possible negative consequences?
6. Which MTP joint is most important and associated with more injuries/complication?
7. A Mueller Knee strap can be helpful for what injury?