KINES 80

Study Guide: Chapters 12 & 13, The Knee, Lower Leg, Ankle and Foot

What kind of joint is the knee joint? Actions and planes.

What muscles cross the knee joint? Note whether they are posterior, anterior, medial or lateral. Flexors or extensors?

Valgus and varus. Which is which?

During a squat, what are the actions at the knee joint and hip joint descending and ascending? Also, which are concentric and eccentric contractions?

Where does ITB insert? Any issues there?

What is the name and type of bone in the patellar tendon?

What are the names of the two bones in the lower leg? Where do they connect with the upper leg? BTW , what is the thigh bone called?

What is the Achilles attached to?

Difference between a sprain and a strain?

What are the names of the ankle joint(s)? Where are they and what are the main actions? Fundamental movements are what? What planes?

The actions that take place in the joints between the phalanges and meta tarsals.

Main muscle actions and location without knowing exact origin and insertion: anterior tib, posterior tib, soleus, gastroc, peroneals, flexors and extensors. What joints do they cross?

Understand, shin splints, plantar fasciitis and Achilles tendonitis. Which muscles and/or tendons are aggravated and affected?

Meaning of terminology such as “tibialis”., “femoris”, “brachialis”

Location of metatarsals, tarsals, phalanges, calcaneous, talus, 5th metatarsal

Plantar Fasciitis is usually caused by? What are the methods of treatment?

The main actions of the foot are caused from extrinsic or intrinsic muscles?

The most important tendon for running, walking and jumping is?