Introduction

Before you start exploring the function of your knee in other activities (e.g., how the knee moves, what each of the ligaments do), you'll need some familiarity with its structure (i.e., its form). This activity will introduce you to the knee's major connective tissues.

The following connective tissue types are included in this activity:

- Bones and their associated landmarks
- Cartilages
- Ligaments
- Tendons

Your challenge for this activity is to find various connective tissue structures of the knee given only hints about their size, shape, and position relative to other structures.

> To learn anatomical structures, your first thought might be to just memorize them. This can work in the short term. But it's boring, time-consuming, and you will quickly forget most of what you memorized. A better way to learn structures is to *interact* with them (e.g., find them, write about them, compare them, make them move, measure them, etc.). This is more efficient (i.e., you'll learn more in less time) and you'll remember more long-term. Resist the temptation to use an anatomy atlas! The more you struggle with finding the structures, the more you'll learn (and remember). You can always use a reference diagram after you've finished to check your work.

All images and text licensed under CC NC-BY-SA by 3D Anatomy Studios, unless otherwise noted.

Revision #11
Created 2026-01-13 00:29:27 UTC by Aaron Olsen
Updated 2026-01-28 16:55:58 UTC by Aaron Olsen

All images and text licensed under CC NC-BY-SA by 3D Anatomy Studios, unless otherwise noted.