How many motion axes does your own knee have?

Now that you understand motion axes, use your own knees (if you are able) to guess how many motion axes your knee has. To test out various motions, try moving your knees by standing with two feet on the ground and by sitting on a chair with your foot suspended (not touching the ground). Be aware that motion along some axes may be much smaller or subtle than motion along other axes.

> Once you have a guess, write that number on page 1 of your worksheet. After you've written in your guess, check your work below.

ASSESS

How easy did you find it to guess the number of motion axes using your own knees as a reference? You may be surprised to learn that the knee has four axes of motion.

If you guessed less than four, do not be discouraged. Two of the axes of motion are nearly impossible for you to see without an external force moving your knee or because the motion is too subtle to see without directly observing the bones. In fact, if you guessed greater than two you should probably have your knee checked out because the motions along two of the motion axes should really not be that obvious!

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