Introduction

Many joints in your body move in complex ways and your knee is one of those joints. In this activity, you'll figure out all the ways your knee can move and learn how to describe this motion using motion axes. Using motion axes will allow you to break down these motions into simpler components, describe them, quantify the motion, compare motions within or across joints, etc. Additionally, you won't be able to fully understand the function of your knee's ligaments and the motions that can injure them without understanding motion axes.

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