

Workbook : The Knee Joint.

This workbook has been designed to be used in conjunction with the course reading booklet. You are free to complete as few or as many of the tasks as you wish. The workbook can then be added to your CPD portfolio as evidence of your activity. It also provides room for you to reflect your thoughts in relation to this course and your learning experience.

Self-assessment :

1	Why is the knee joint so prone to injury?
2	Describe the types of movement occurring at the knee joint.

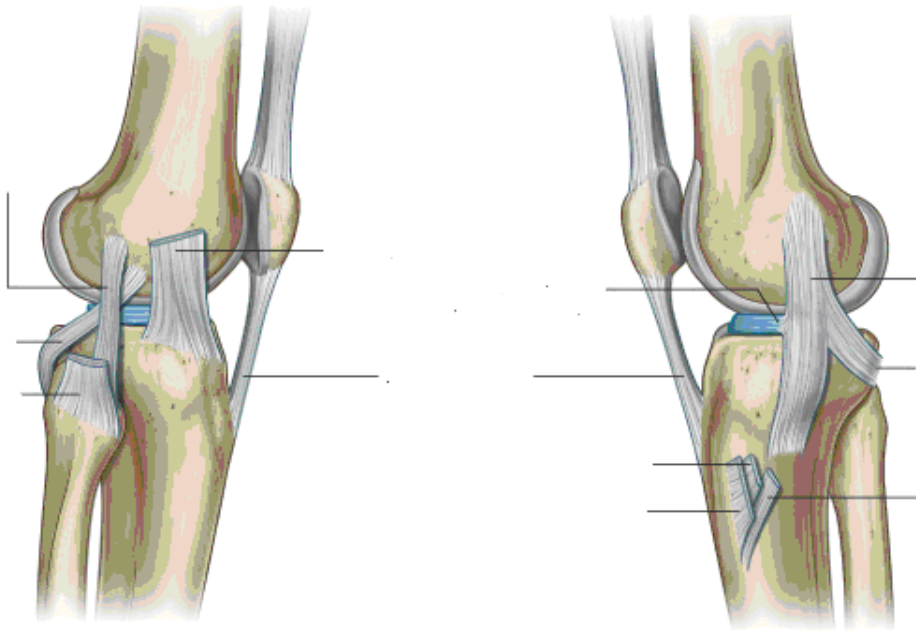
3

Describe the boundaries of the joint capsule, and then discuss the structures which provide it with support.

4	How does the pathway of the synovial membrane differ from that of the joint capsule ?
5	Which bursae are located within the knee joint region ? Which of these are non-articular ?

6

Label the diagram, and discuss the extra-articular ligaments of the knee joint.



7	What is the role of the cruciate ligament complex ?
8	Describe the job of the menisci, and discuss their contribution to joint movement.

9	How does the knee joint obtain its arterial supply ?
10	Why are meniscal tears difficult to manage without surgical intervention ?

Reflection.

Take some time to think about the learning that you have completed using this course. Was it useful, was it interesting, was it applicable to your practice? Is there anything in particular you have gained from the course, and does it encourage you to alter your practice? Have you enjoyed it?

These are all questions you should ask yourself before you complete your reflective account below, as these are key points that you need to mention.

How much time have you spent completing this course?	
Did you complete the course on your own, or as part of a learning group?	

Your general reflective account :

Key Learning / Practice points (list up to 5) :

1.

2.

3.

4.

5.

If you feel you have any further comments to make about your learning, please use the space below.

