**Unit 5: Common Injuries and Treatments of the Knee**

Enduring Understanding

Injuries are uniquely assessed and treated based on the location of the body, cause of the injury and state of the injured person

The structure of the knee allows it to function as a hinge joint and give us great mobility but is commonly injured in athletics

Essential Questions

Why is the knee vulnerable to injury?

As an athletic trainer how do you assess, treat and rehabilitate a knee injury?

Learning Targets

1. Identify on a model or diagram the major parts of the knee (see vocabulary list)
2. Apply basic anatomy and physiology knowledge of the knee to recognize common injuries involved with sports, how they occur and signs/symptoms of the injury
3. Explain and/or demonstrate special tests used to aid in diagnosis of potential knee injuries
4. Explain the trainer protocol for each injury and various techniques used to rehabilitate the injury (Injury project)

\*Only to further understand the sports medicine field. Students should not tape themselves or others for treatment/rehabilitation unless further education is received

**Vocabulary**

Knee

Femur

Tibia

Fibula

Patella

Patellar ligament

Lateral meniscus

Transverse ligament

Fibular (Lateral) collateral ligament

Posterior cruciate ligament

Anterior cruciate ligament

Medial meniscus

Tibial (Medial) collateral ligament

Hamstrings

Biceps femoris

Semitendinosus

Semimembranosus

Gracilis

Sartorius

Gastrocnemius

Quadriceps

Vastus lateralis

Vastus medialis

Vastus intermedius (deep to rectus femoris)

Rectus Femoris

Iliotibial Band Friction Syndrome (Runner’s Knee)

Osgood-Schlatter Disorder

Chondromalacia

Apley’s Test

Lachman’s Test

Valgus Test

Varus Test

Patellar Tendonitis (Jumper’s Knee)