1. All of the following are key bony landmarks of the knee joint except?
   a. Superior & inferior patellar poles
   b. Tibial tuberosity
   c. Gerdy’s condyle
   d. Medial & lateral femoral condyles

2. Which of the following is not correct regarding the knee joint proper?
   a. Also referred to as the tibiofemoral joint
   b. Classified as a ginglymus joint
   c. Sometimes referred to as trochoginglymus joint due to internal and external rotation occurring when in full extension
   d. Considered by some authorities to be a condyloid type joint

3. Which of the following is correct regarding the patellofemoral joint?
   a. Classified as an arthroidal type joint
   b. Hinge nature of patella on femoral condyles
   c. This joint lacks ligaments
   d. The joint is not commonly injured

4. Which of the following is not correct regarding menisci in the knee joint?
   a. Forms cushions between bones
   b. Attached to tibia
   c. Deepens tibial fossa
   d. Decreases stability

5. Which of the following is true regarding the medial collateral ligament?
   a. Maintains medial stability by resisting valgus forces or preventing knee from being abducted
   b. Maintains medial stability by resisting varus forces or preventing knee from being abducted
   c. Maintains medial stability by resisting valgus forces or preventing knee from being adducted
   d. Maintains medial stability by resisting valgus forces or preventing knee from being flexed

6. Which of the following is not true with respect to the synovial cavity?
   a. Supplies knee with synovial fluid
   b. Provides the knee with stability
   c. Lies under patella and between surfaces of tibia & femur
   d. Considered to be the “capsule of the knee”

7. Which of the following is not true regarding the bursae of the knee?
   a. There are more than 10 bursae in and around knee
   b. Some bursae are connected to synovial cavity
   c. Bursae are composed mainly of fatty tissue
   d. Bursae absorb shock and/or reduce friction

8. Which of the following is not considered to be one of the quadriceps muscle group?
   a. Rectus femoris
   b. Vastus lateralis
   c. Vastus intermedius
   d. Vastus medius
9. Which of the following is not true regarding the quadriceps muscle group?
   a. Consists of 4 separate muscles
   b. Serve to extend the knee
   c. Covered by the vastus fascia
   d. Located in anterior compartment of the thigh

10. Which of the following is not true regarding the hamstring muscle group?
    a. Responsible for knee flexion
    b. Located in posterior compartment of thigh
    c. Consists of 3 separate muscles
    d. Provides static stability to the knee joint

11. Muscles that flex the knee include all of the following except?
    a. Biceps femoris
    b. Tensor fascia latae
    c. Sartorius
    d. Gracilis

12. Which of the following is not true regarding strength and endurance being essential for maintenance of patellofemoral stability?
    a. Quads are particularly prone to atrophy when injuries occur
    b. May be developed by resisted knee extension activities from a seated position
    c. Functional weight bearing activities such as step-ups or squats are particularly useful for strengthening and endurance
    d. Strength and flexibility are not often a problem with the muscles of the knee joint

13. Which of the following is not true regarding the rectus femoris, vastus medialis, vastus intermedius, vastus lateralis?
    a. All attach to the patella then to tibial tuberosity via patellar tendon
    b. All are superficial and palpable except vastus medialis
    c. Power may be measured by the vertical jump test
    d. Generally desired to be 25% to 33% stronger than hamstring group