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Sports Medicine - Knee

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| **Across**  **5.** Inward bending or twisting force.  **8.** The growth plate on the end of a bone.  **12.** A layer of tissue that lines joint cavities and produces synovial fluid.  **13.** The tendon that encompasses the patella and extends distally across the front of the knee.  **15.** A grinding noise or sensation within a joint  **16.** The kneecap  **18.** The rounded prominence found at the point of articulation with another bone.  **19.** Outward bending or twisting force  **20.** The area where the satorious, gracillus, and semitendinosus muscles attach to the anteriomedial tibia. | **Down**  **1.** The point where the tibia meets with the femur.  **2.** A flat longitudinal band found on the medial side of the knee joint.  **3.** The point where the kneecap and femur are connected in the trochlear groove  **4.** The thin layer of connective tissue over the ends of long bone.  **6.** A lubricating substance, produces by the synovial membrane, found in joints  **7.** Cartilage in the knee between the femoral condyle and the medial tibial plaeteau  **9.** A layer of tissue that lines joint cavities and produces synovial fluid.  **10.** The top, flat portion of the tibia.  **11.** A small bone formed in a tendon where it passes over a joint.  **14.** A large group of four muscle in the front of the thigh.  **17.** Swelling within the joint cavity. |