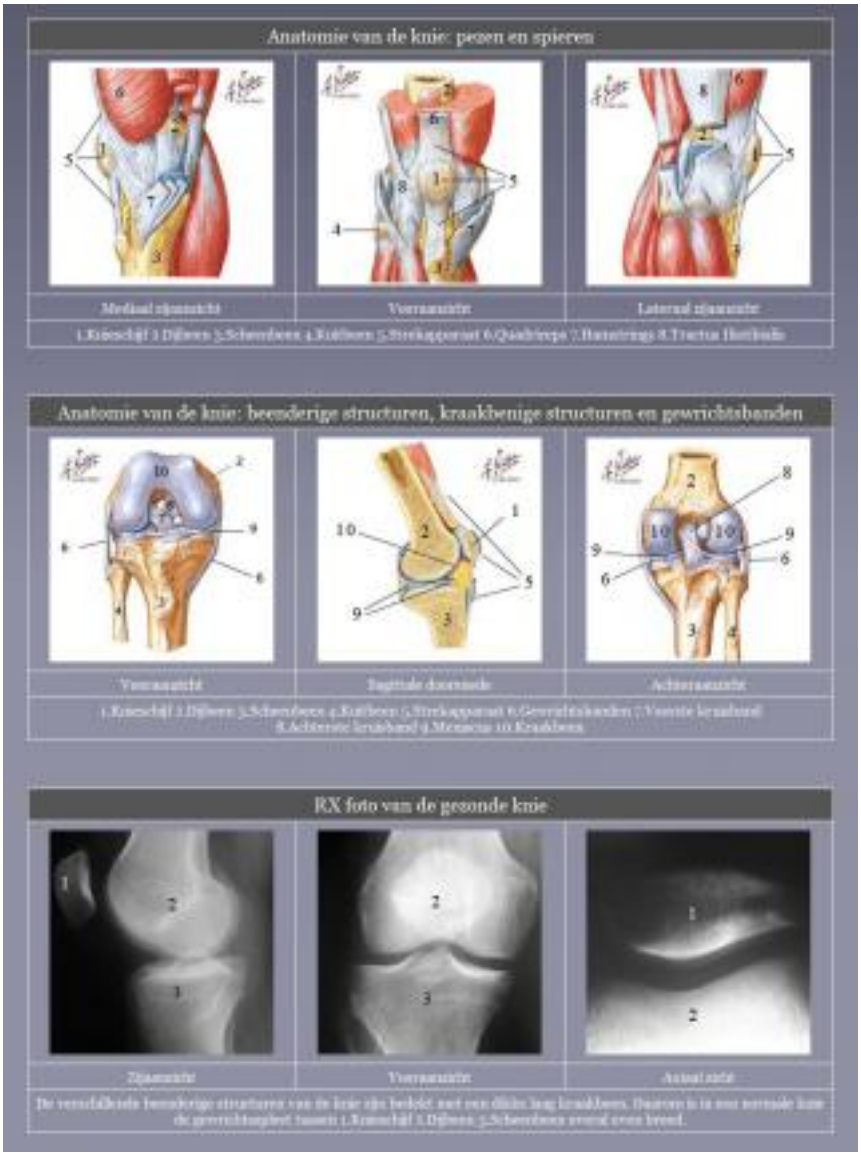


The knee joint is the structure where the upper leg and the lower leg come together.

The ends of both bones (femur and tibia) are covered with a smooth, shimmering layer of cartilage, which is a few millimeters thick. This allows the knee joint to move smoothly.

At the front is a third bony element: the kneecap (patella), which is encapsulated in the extensor mechanism of the knee. Inside the knee joint you find the cruciate ligaments and two menisci, this ensures that the knee is firm and mobile at the same time.