



# Põlveliigese anatoomia

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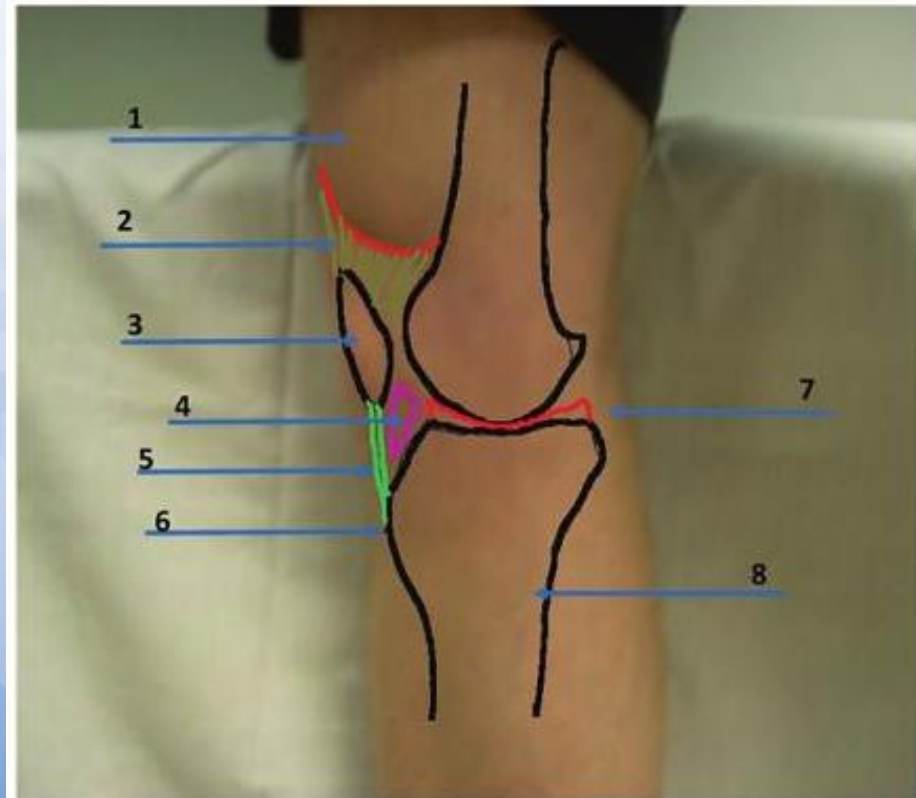


# Põlvepiirkond

- Luud/ liigesed
- Meniskid
- Sidemed/ ligamendid
- Lihased
- Bursad
- Närvid

# Liigessüsteem

1. Tibiofemoraalliiges
2. Patellofemoraalliiges
3. Tibiofibulaarliiges



1 – Vastus Medialis Muscle

3 – Patella

5 – patellar Tendon

7 – Meniscus

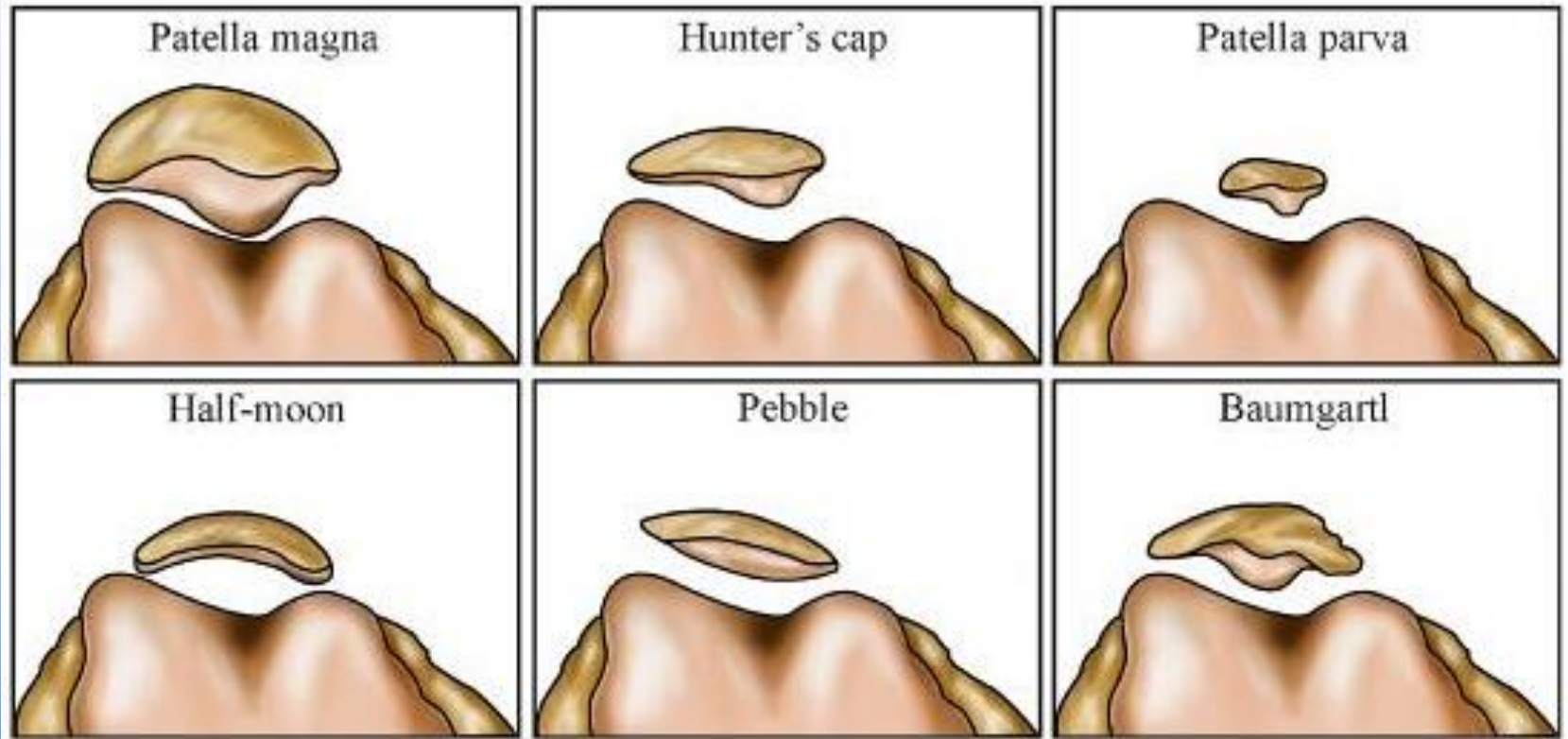
2 – Retinaculum

4 – Infrapatellar Fat Pad

6 – Tibial Tuberosity

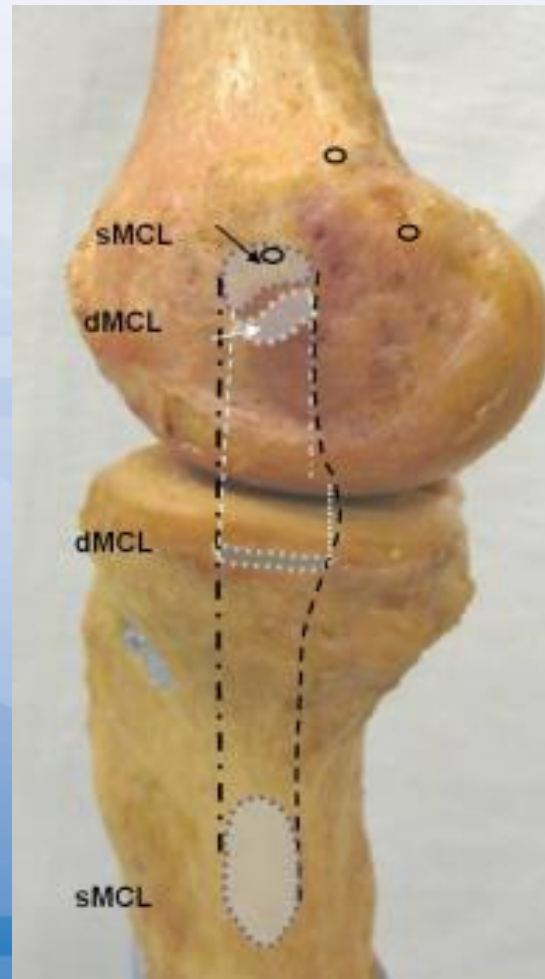
8 – Tibia

# Patella kuju



# Passiivse stabiilsuse tagajad - sidemed

1. ACL (1725 N)
2. PCL (2x paksem kui ACL)
3. MCL
4. LCL
5. Retinaculumid
6. RASVPADJAD
7. MENISKID



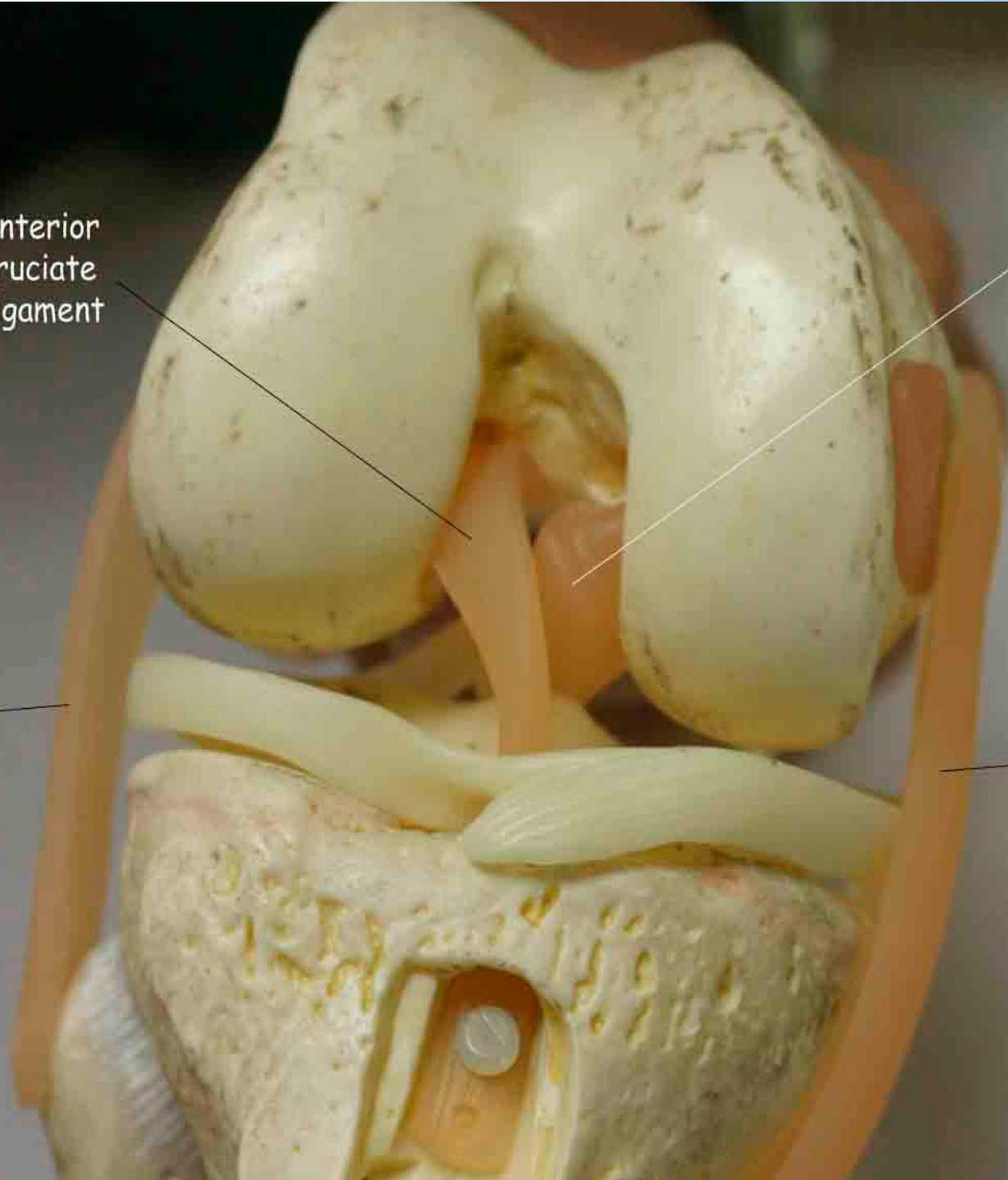


Anterior  
Cruciate  
Ligament

Posterior  
Cruciate  
Ligament

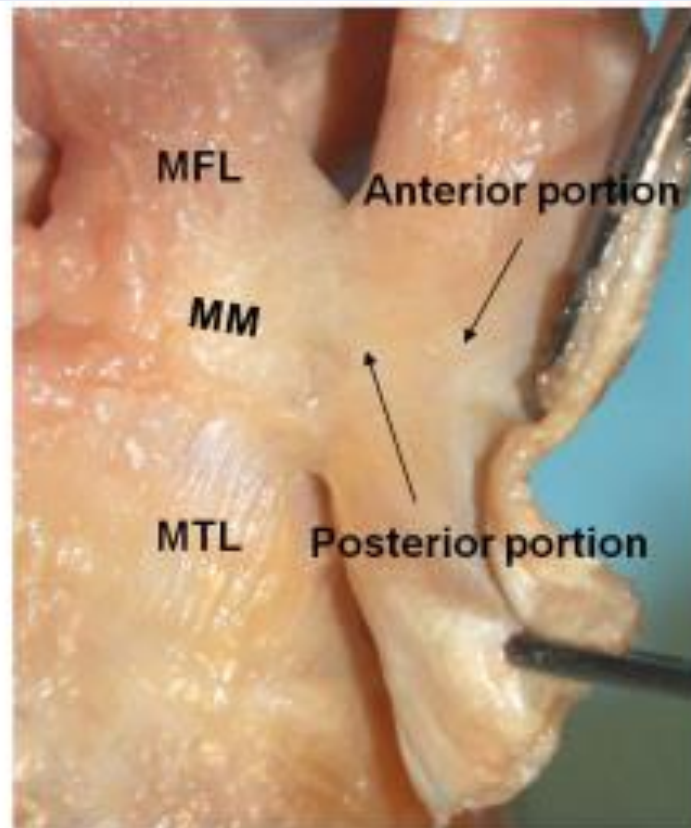
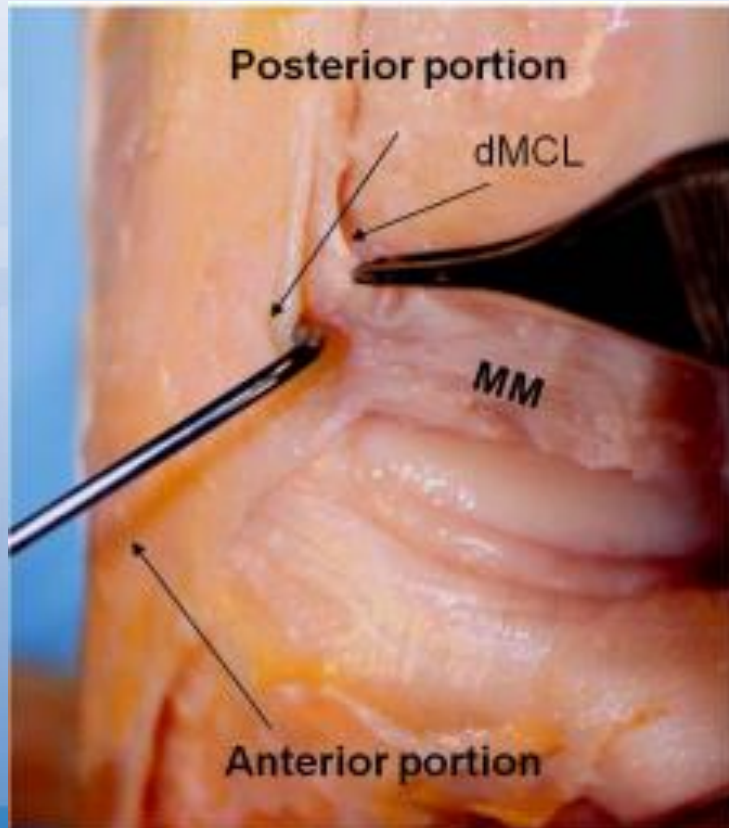
Lateral  
Collateral  
Ligament

Medial  
Collateral  
Ligament

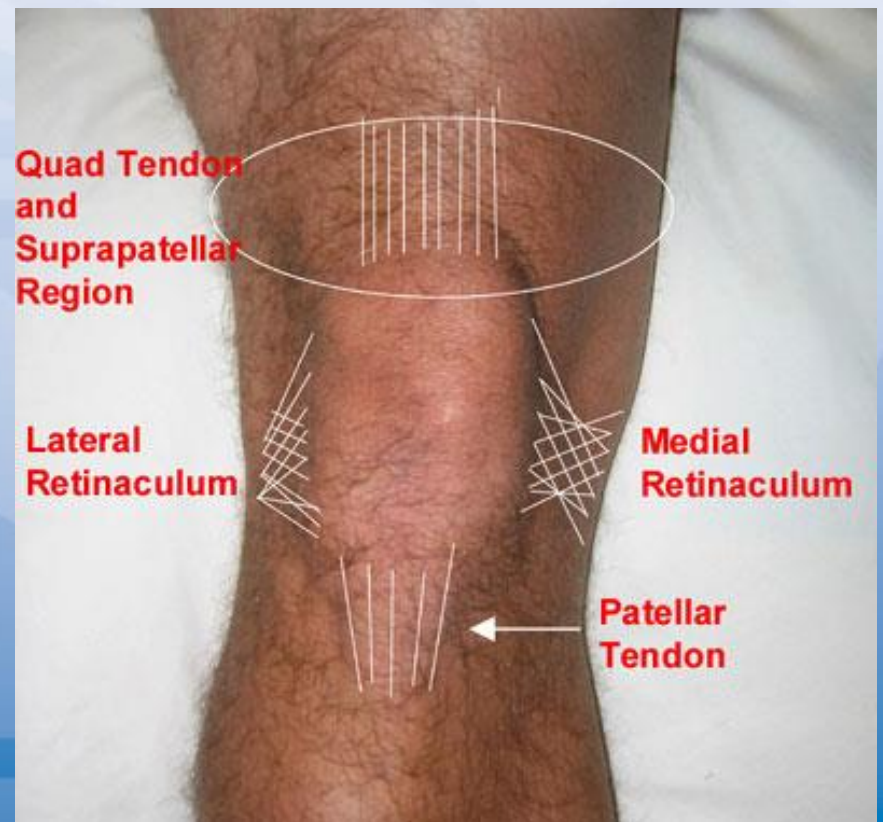
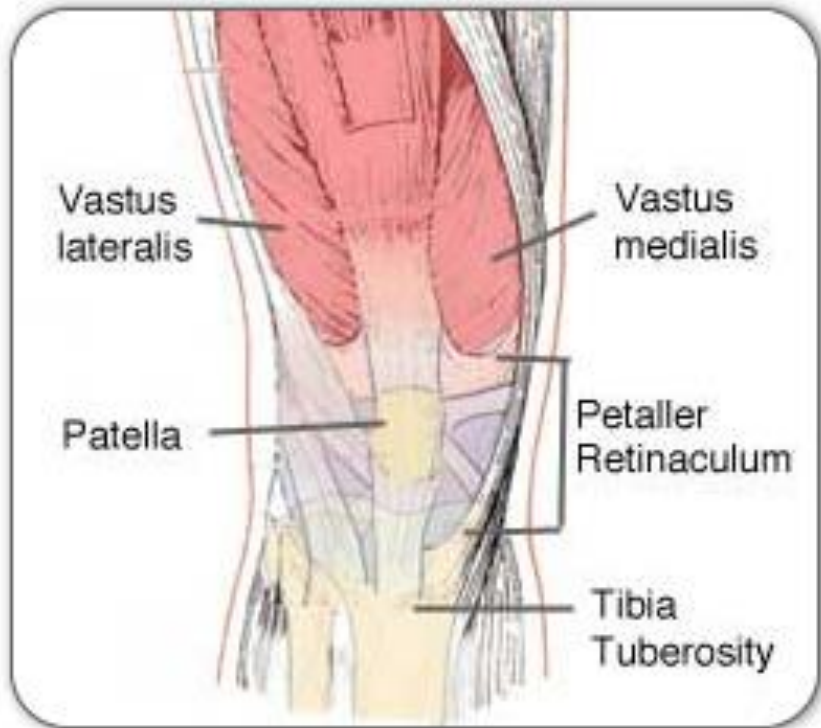


# MCL

MCL kinnitub mediaalsele meniskile

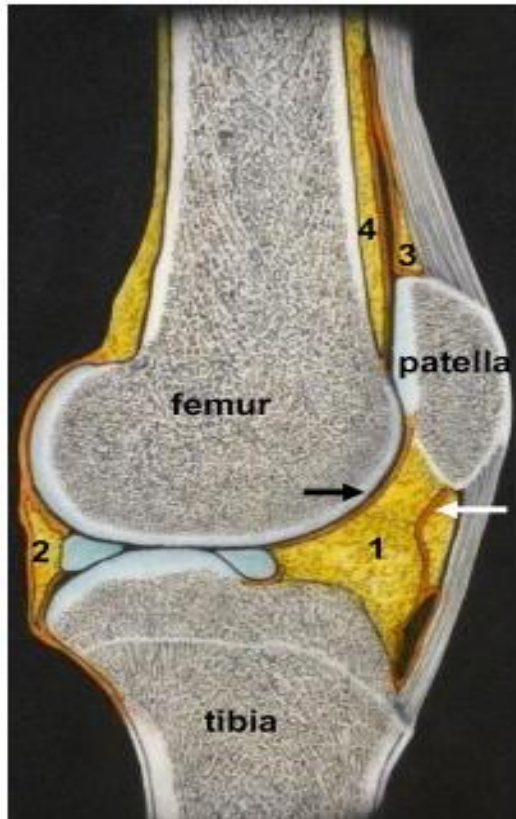


# Patella retinaculumid





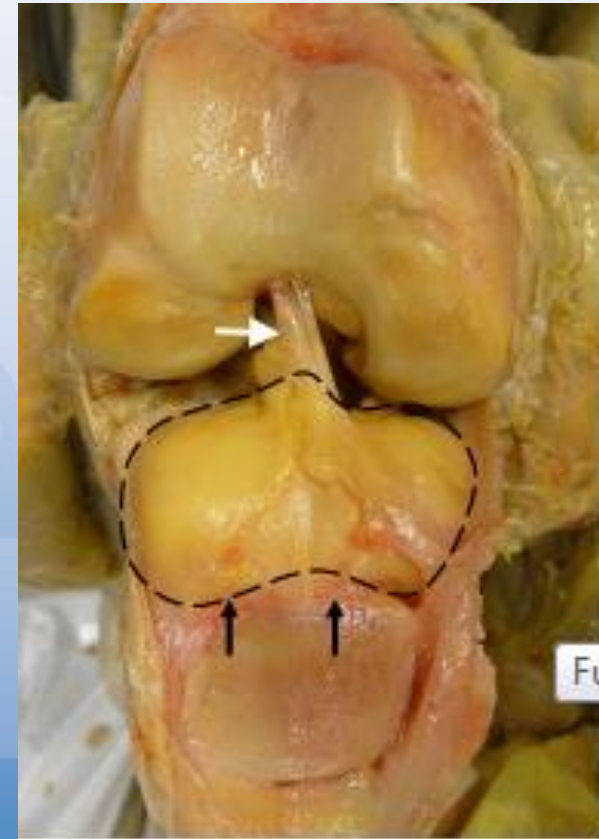
# Infrapatellaarne rasvpadi



Väga hea närvi- ja verevarustus.  
Substantis P.

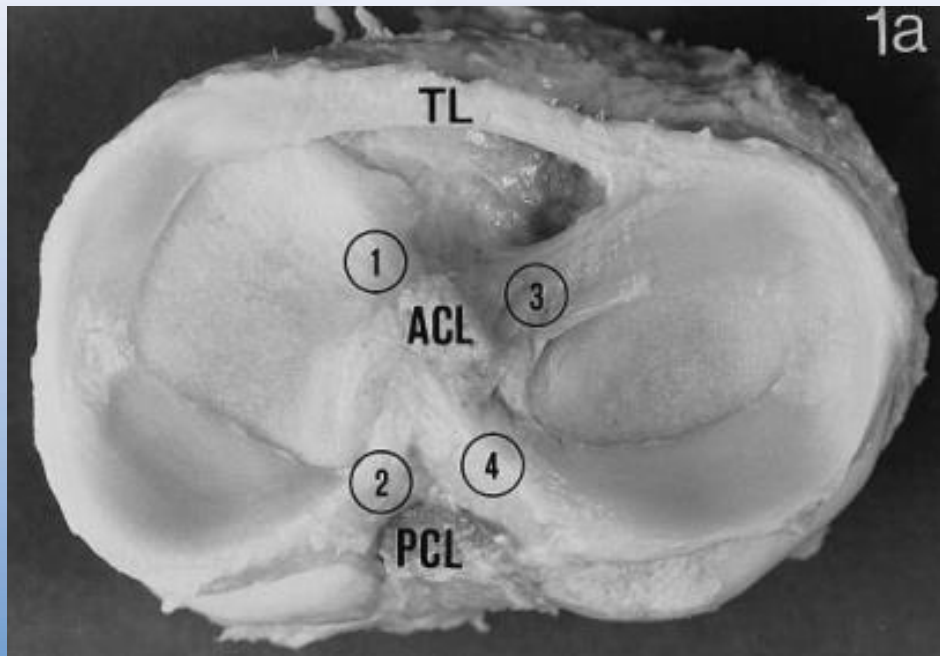
Ära võetud IPF:

1. Väheneb tibia ext.rot
2. Patella med.translatsoon ↑
3. Patellofem. Liigese kontakt-ala väheneb.

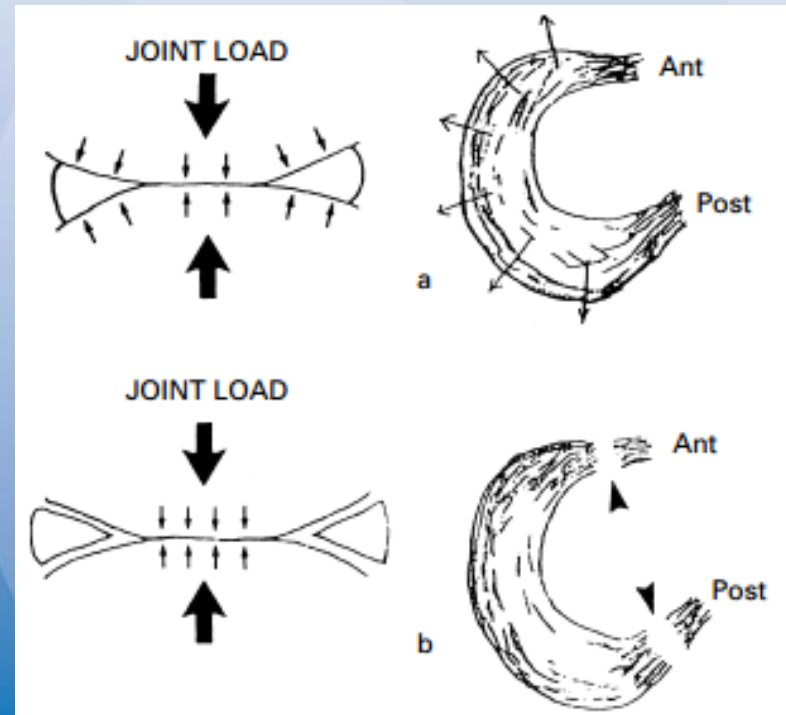


# Meniskid

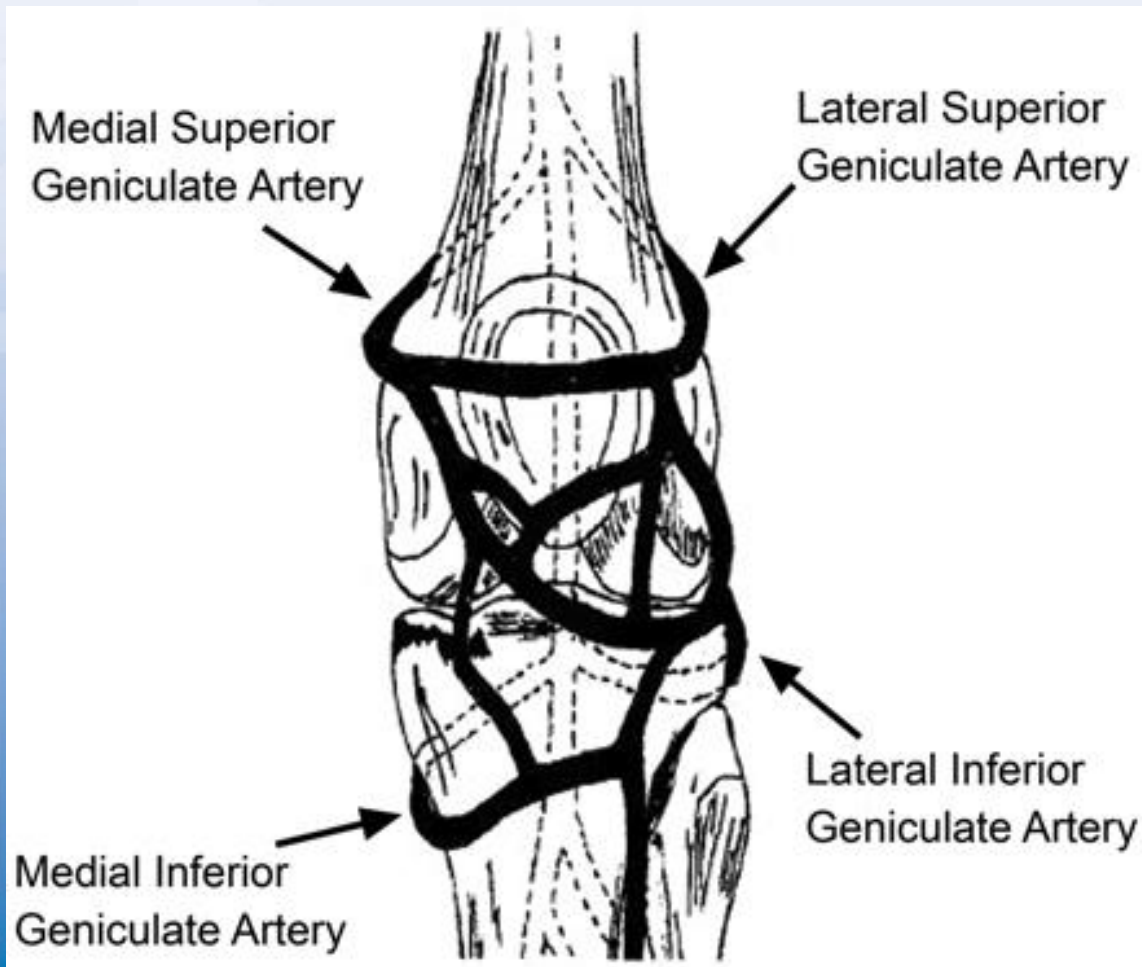
Koormuse jaotuvus, amortisatsioon, stabiilsus, liigese toitumine ja “õlitamine”, proprioretseptsioon.



Menisofemoraalne lig. (post/ant)  
PCL eest ja tagant  
Lig.transversum

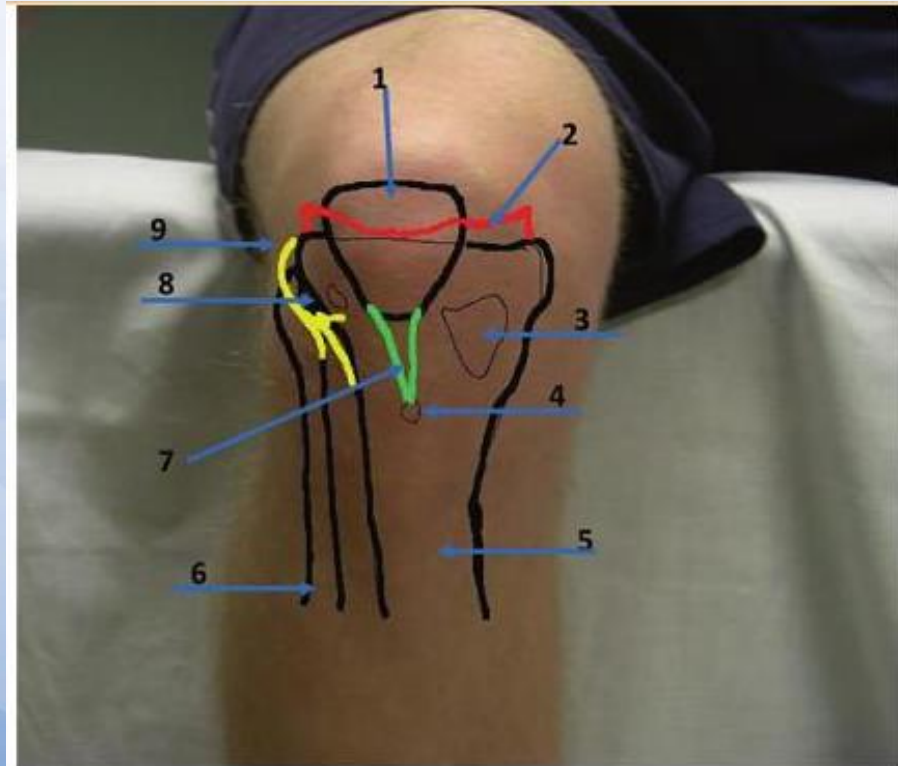


# Verevarustus



# Aktiivse stabiilsuse tagajad - lihased

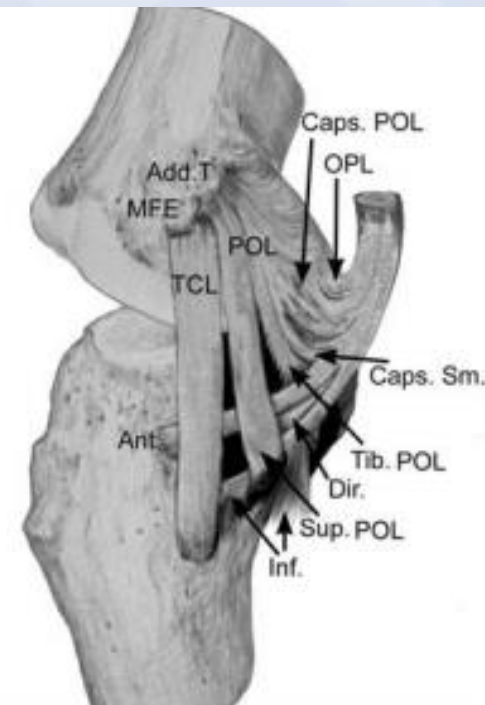
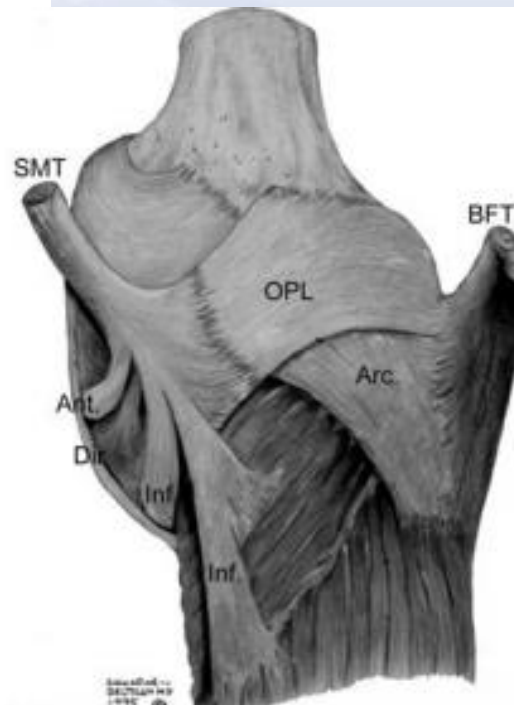
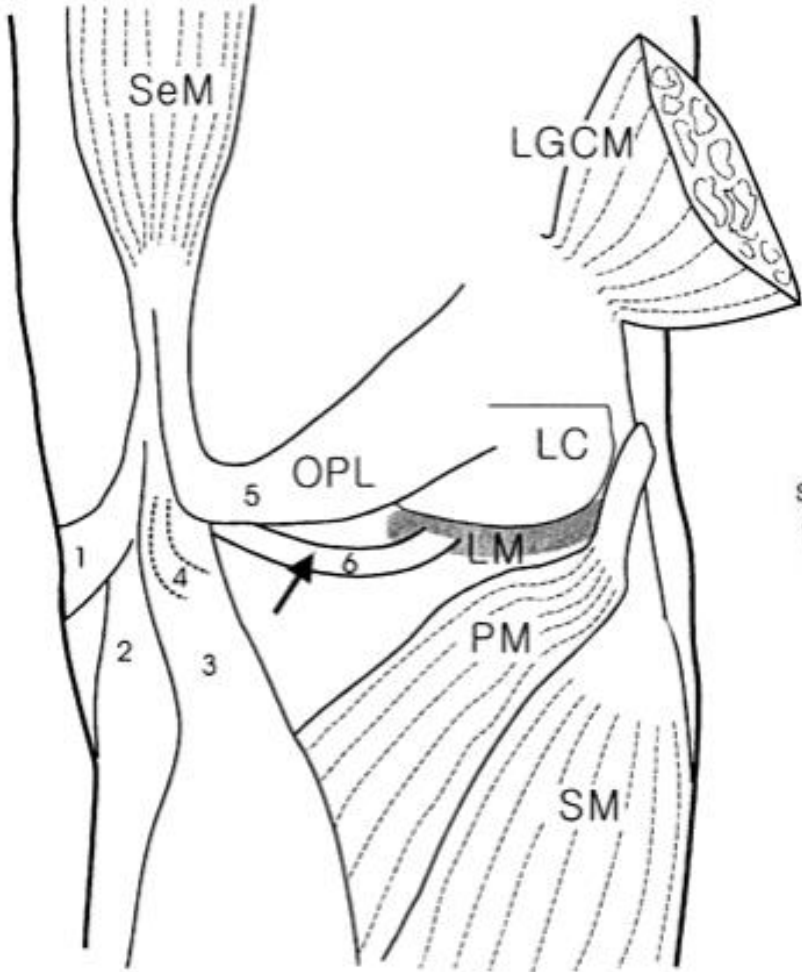
- Quadriceps femoris (4)
- Hamstringid (3)
- ITB/TFL
- Popliteus
- Gastrocnemius
- Sartorius/gracilis/add.
- Gluteus medius



- |  |  |
|--|--|
| 1 – Patella  | 2 – Meniscus   |
| 3 – Pes Anserine (Sartorius, Gracilis, semitendinosus muscles all insert here) |  |
| 4 – Tibial Tuberosity (Patellar tendon inserts here)                           |  |
| 5 – Tibia  | 6 – Fibula   |
| 7 – Patellar Tendon  | 8 – Gerdy's Tubercle (Iliotibial tract inserts here) |



# m. semimembranosus

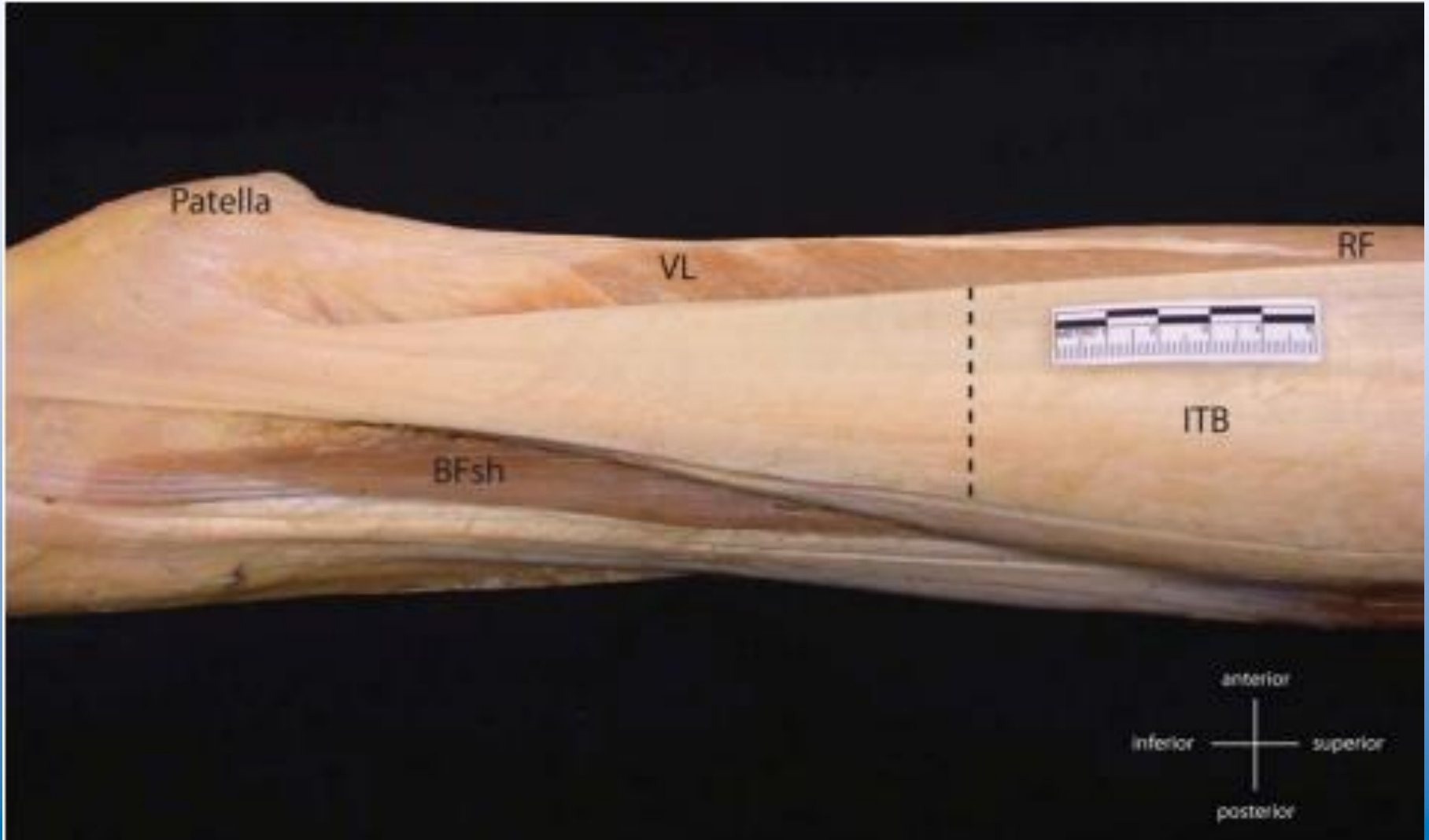




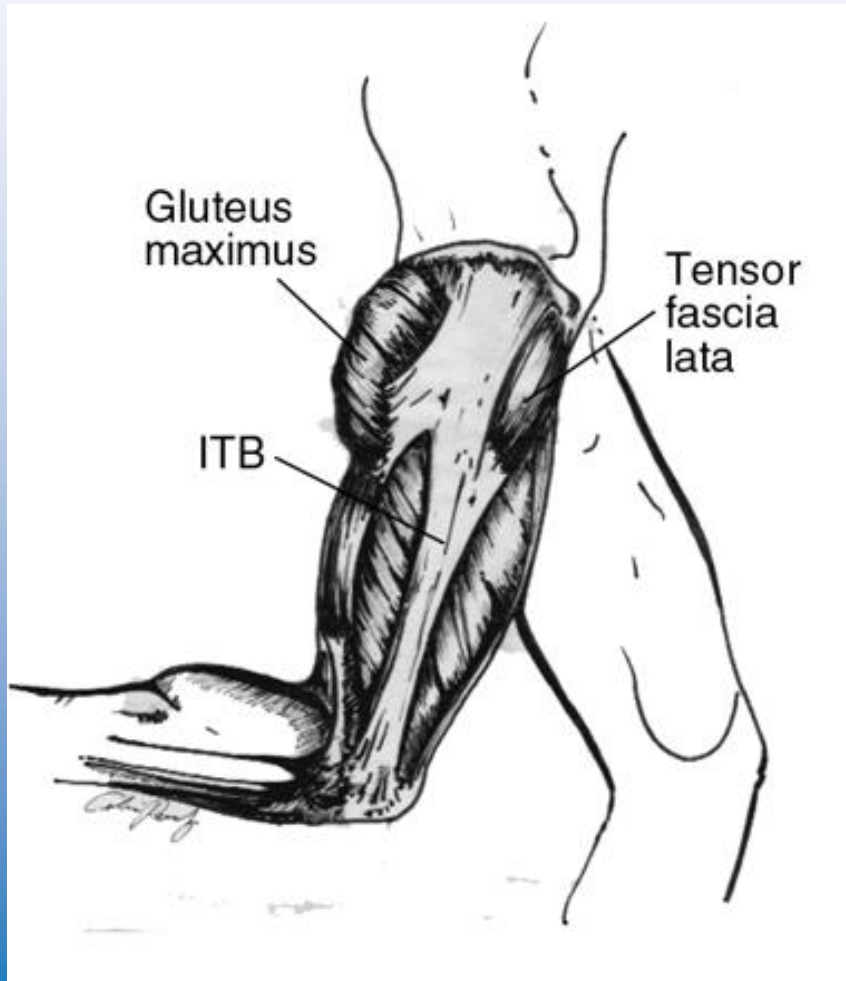
## m. semimembranosus

- Aitab tagada mediaalset ja posterioorset põlve stabiilsust koos m. popliteusega.
- M. semimembranosuse kinnituskohad (8): 1. kapsliosa 2. otsene 3. eesmine ja alumine osa 4. lig. Oblique popliteal 5. lateraalne menisk 6. mediaalne menisk
- Tõmbab meniskid põlve fleksiooni ajal tahapoole, hoides ära meniski pitsumise!

# Vastus lateralis



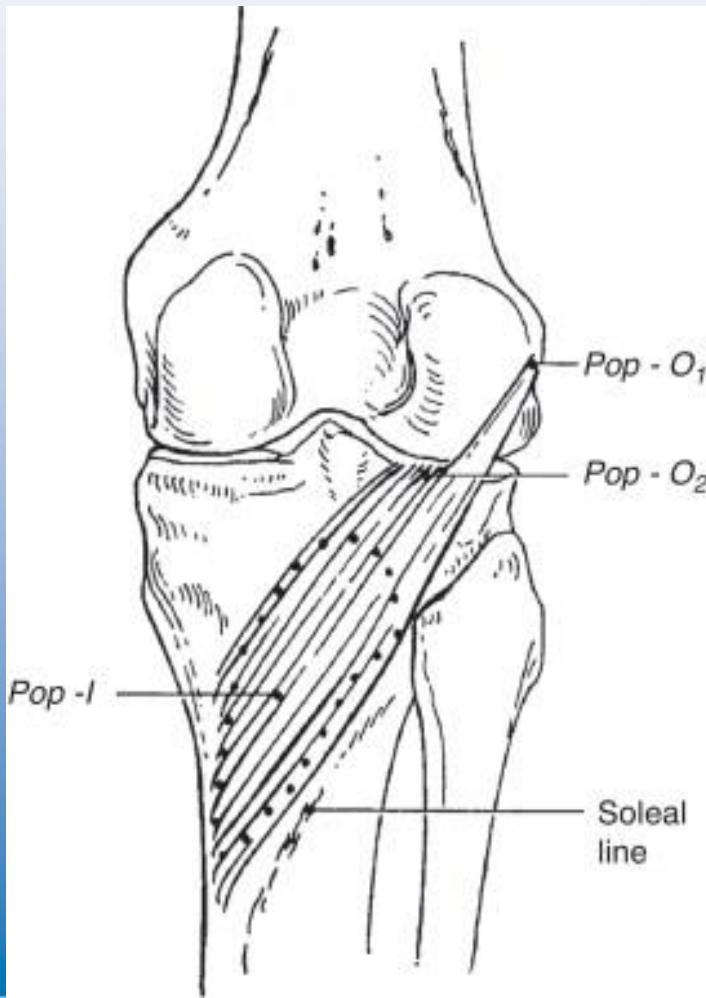
# ITB



Distaalse osa kinnitus lateraalsele retinaculumile?

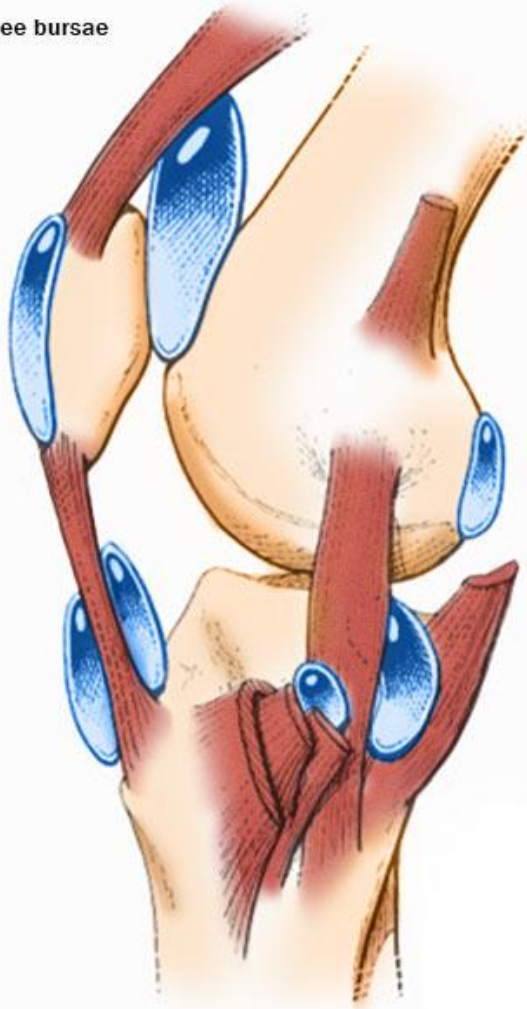


# m. popliteus



- Kinnitub osadel inimestel lateraalsele meniskile (63%) ja fibula prox.osale (52.1%).
- Posterioorse stabiilsuse tagaja.

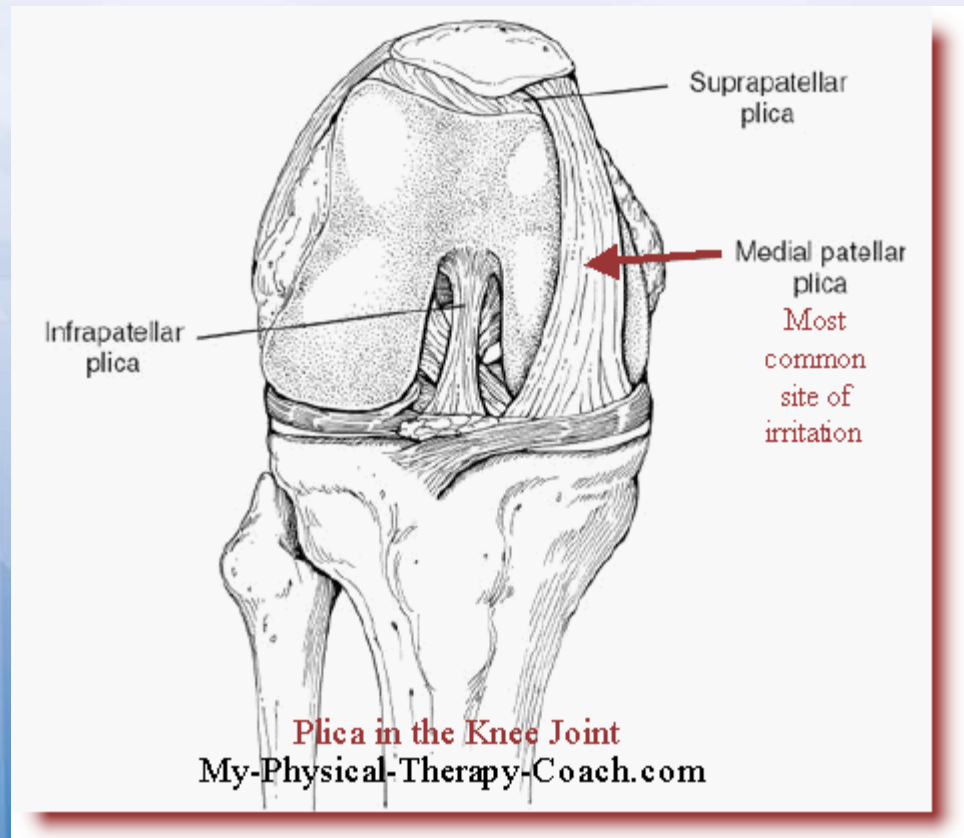
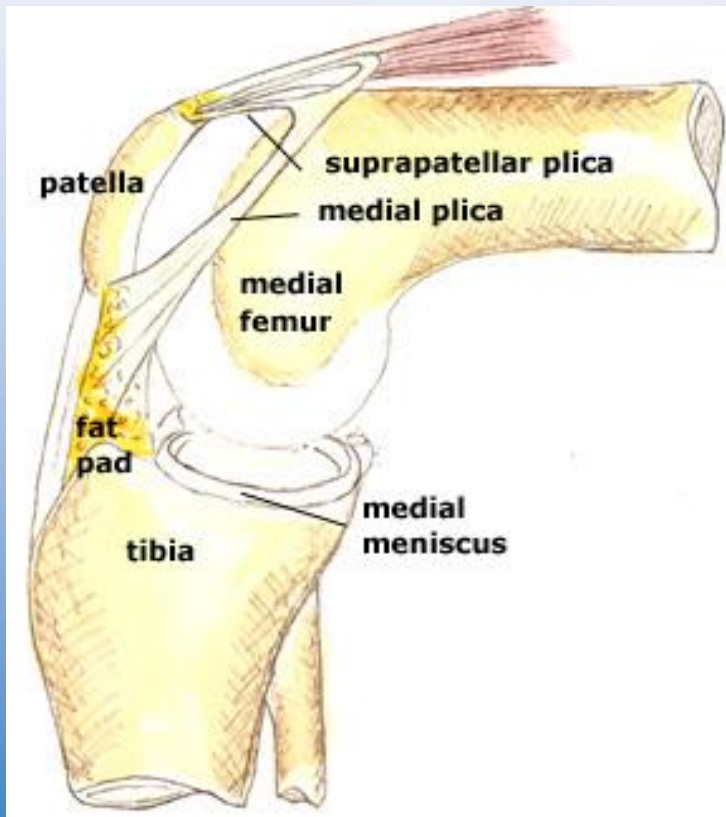
Knee bursae



# Bursad

1. prepatellar bursa
2. infrapatellar bursae (2)
3. suprapatellar bursa
4. pes anserinus bursa
5. iliotibial bursa
6. tibial collateral lig. bursae
7. fibular collateral lig. bursae
8. gastrocnemius-  
semimembranosus bursa

# Mediaalne plica





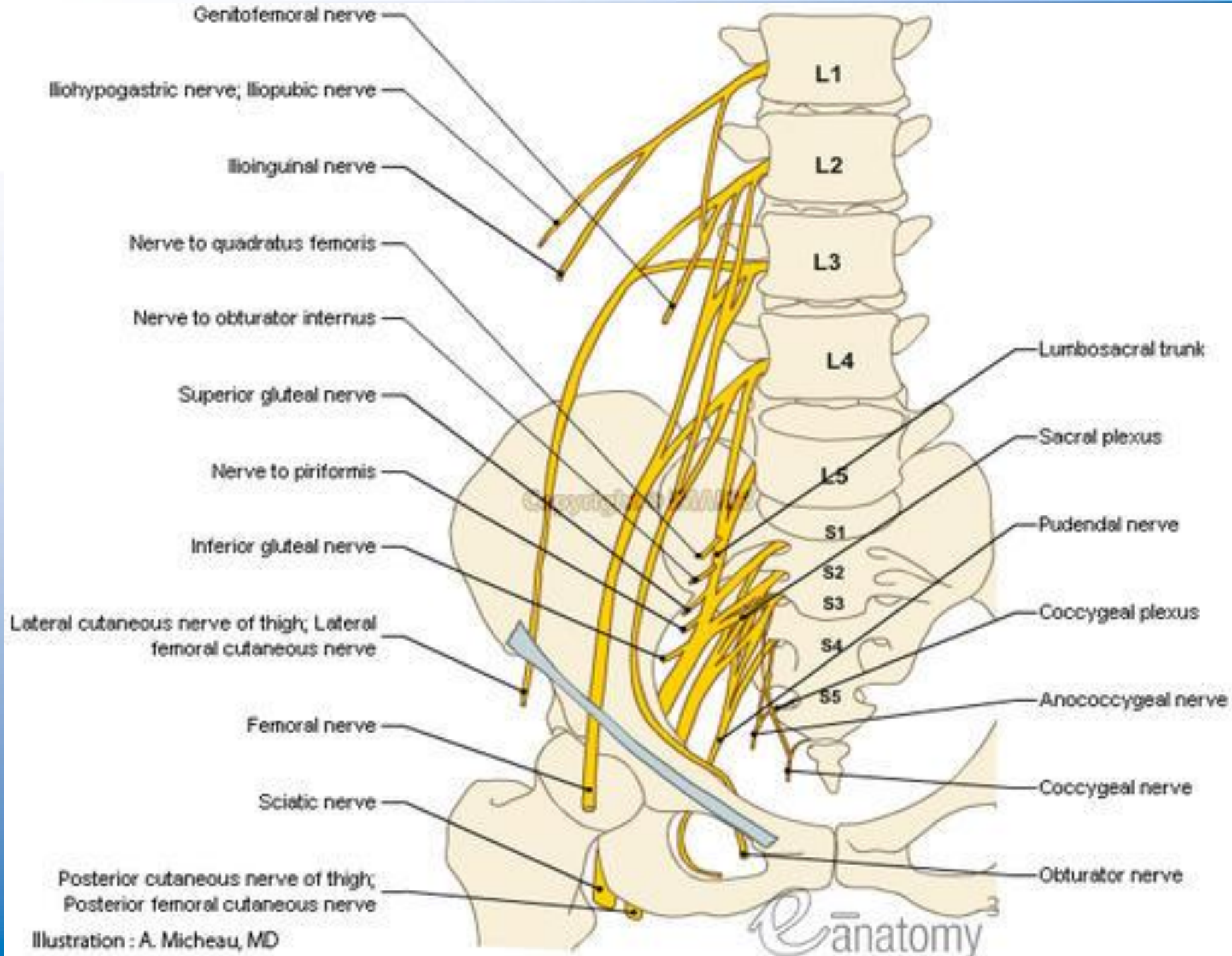
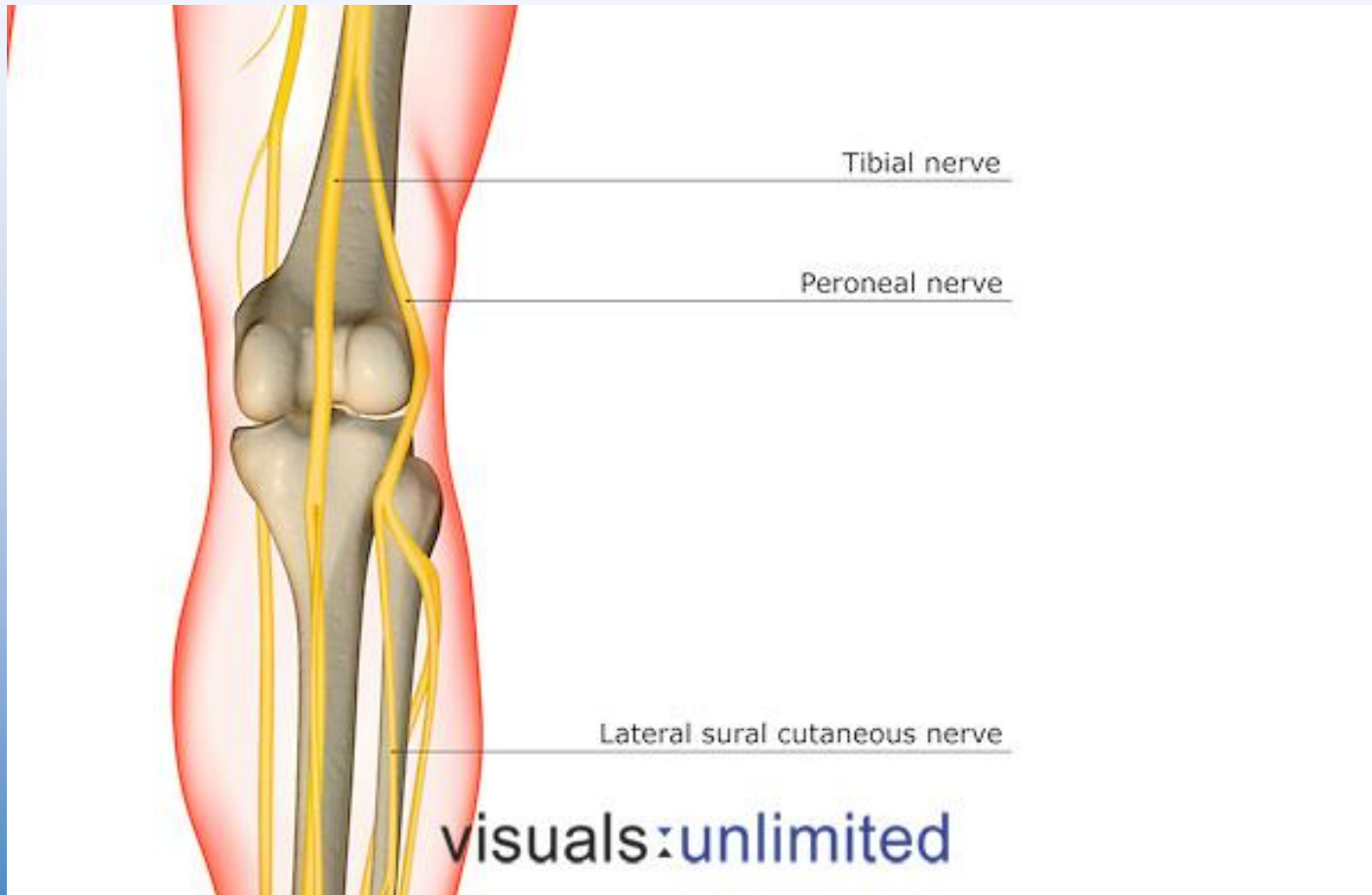


Illustration : A. Micheau, MD



# Närvid



Ka obturaator n., femoraalnärv!

# Perifeersetete närvide palpatsioon

Walsh ja Hall, 2009



n.tibialis



n.sciaticus



n.Peroneus communis