

PATELLA

Meaning: Patella: the small, flat, circular bone located in front of the knee joint, commonly known as the kneecap, which aids in the movement and stability of the knee.

1. The patella plays a crucial role in the movement and stability of the knee joint.
2. Injuries to the patella can lead to significant pain and hinder mobility.
3. Surgeons often need to realign the patella during knee reconstruction surgeries.
4. The patella is commonly referred to as the kneecap in everyday language.
5. Physical therapy exercises can help strengthen the muscles surrounding the patella.

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