

ROTULA

Meaning: Rotula: a triangular bone located at the front of the knee, commonly known as the kneecap, which protects the knee joint.

1. The rotula, commonly known as the kneecap, plays a crucial role in protecting the knee joint.
2. During the anatomy class, we learned that the rotula is a triangular bone situated at the front of the knee.
3. Injuries to the rotula can lead to significant discomfort and reduced mobility for athletes.
4. Surgeons often need to realign the rotula in cases of severe dislocation to ensure proper knee function.
5. Physical therapy exercises can help strengthen the muscles around the rotula, supporting better knee stability.

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