

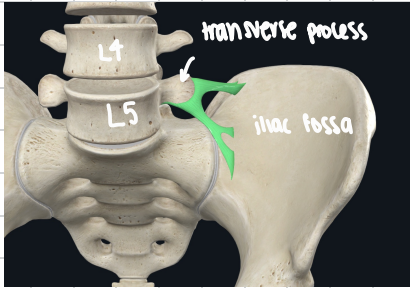
ligaments (bone - bone)

↳ hip bone

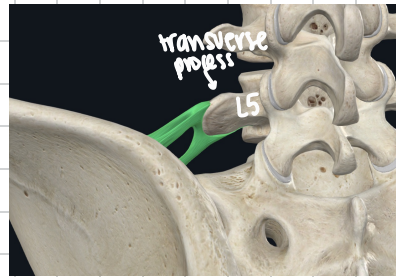
↳ iliolumbar ligament:

- extends from the tip of L5 transverse process → iliac crest

anterior view

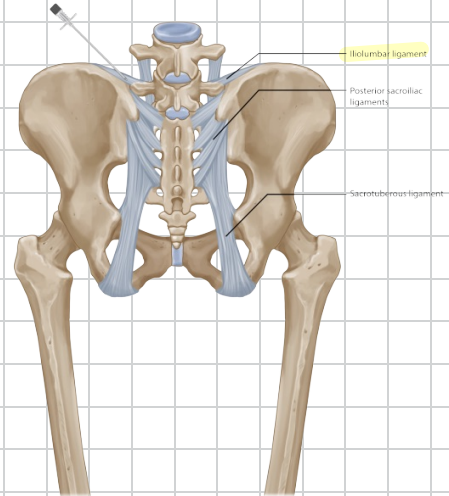


posterior view



↳ lumbosacral ligament:

- extends from inferior aspect of L5 transverse process → lateral part of the ala of sacrum

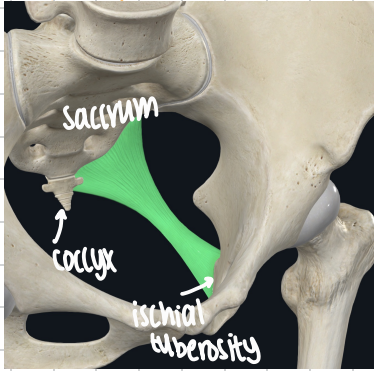


- ↳ these ligaments prevent the anteroinferior displacement of L5 vertebra under the effect of body weight

↳ sacrotuberous ligament:

- extends between posterior iliac spines, lower part of sacrum, coccyx & ischial tuberosity

Anterior view



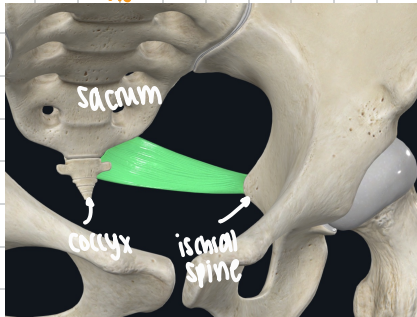
Posterior view



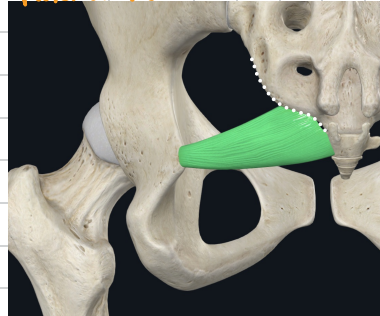
↳ sacrospinous ligament:

- extends from ischial spine to lateral margins of sacrum & coccyx

Anterior view



Posterior view

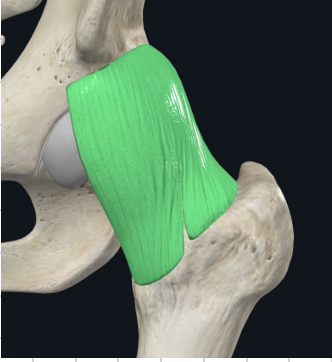


- ↳ these ligaments convert the greater & lesser sciatic notches into foramina,
& prevent upward tilting of the lower part of sacrum under effect of body weight

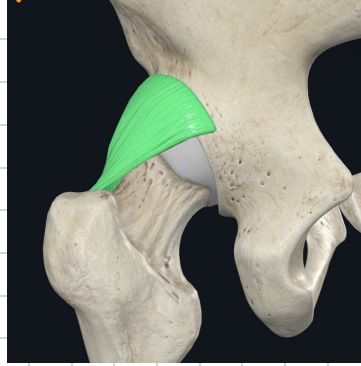
↳ iliofemoral ligament:

- prevents overextension of the hip when standing

anterior view:

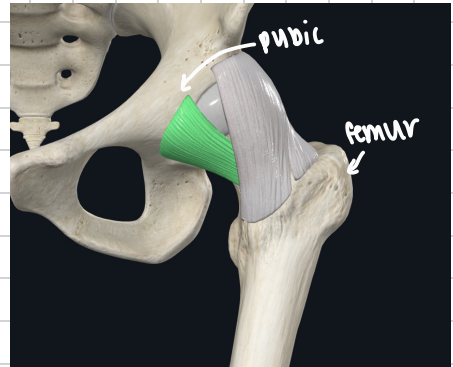


posterior view



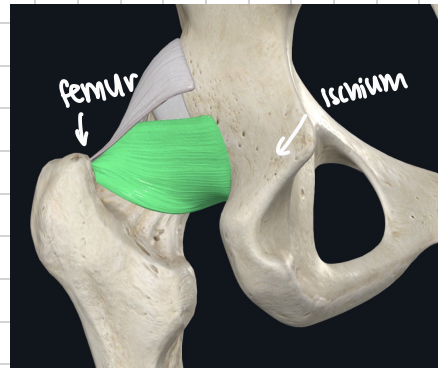
↳ pubofemoral ligament:

- it limits extension & abduction



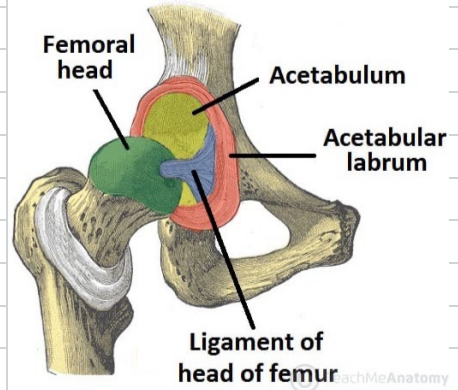
↳ ischiofemoral ligament:

- limits extension



b Ligament of the head of the femur

- attaches to a fovea on the head of the femur $\frac{2}{3}$ sides of acetabular notch.
- transmits blood supply for the head



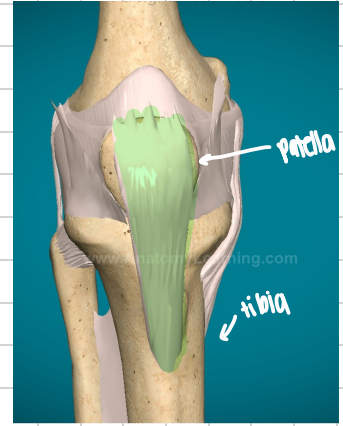
سُبْحَانَ اللَّهِ وَبِحَمْدِهِ
سُبْحَانَ اللَّهِ الْعَظِيمِ

↳ knee

extrascapular:

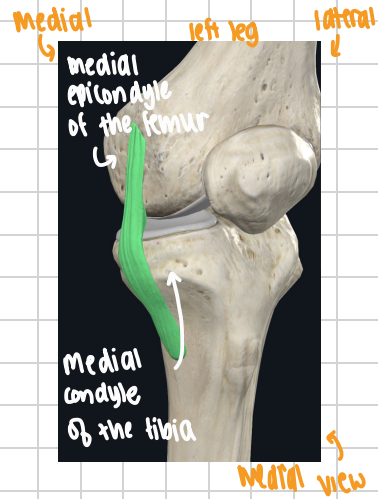
↳ ligamentum patellae:

- extends from the apex of the patella to tibial tuberosity



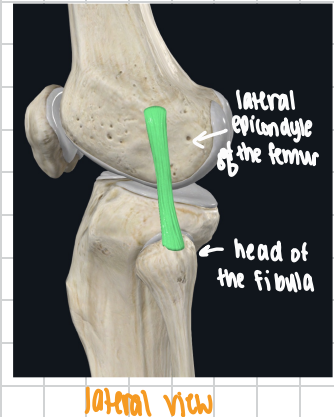
↳ tibial collateral ligament:

- attached to the medial femoral epicondyle from above
- attached to medial condyle of the tibia from below



↳ fibular collateral ligament:

- attached to the lateral femoral epicondyle from above
- attached to the head of the fibula from below



intrascapular:

↳ the 2 menisci:

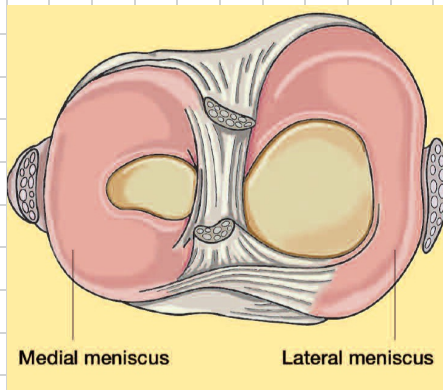
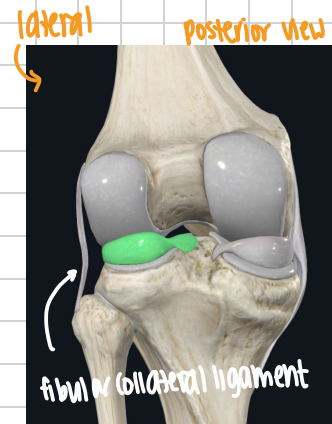
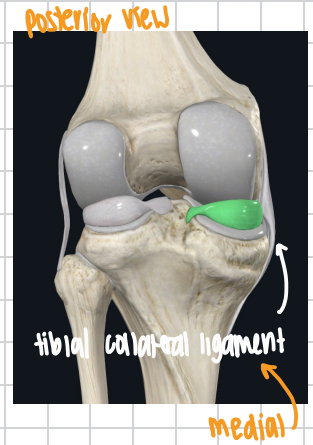
- facilitate rotation of the femur on the tibia
- shock absorption

↳ medial meniscus:

- C shaped
- attached to fibial collateral ligament
- relatively fixed so that it is more susceptible to injury

↳ lateral meniscus:

- O shaped
- separated from the fibular collateral ligament by the tendon of popliteus
- it's free to move on the tibia, so that it is less susceptible to injury



↳ 2 cruciate ligament

- provide anteroposterior stability of the knee joint

attaches anteriorly on tibia

↳ anterior cruciate ligament:

- attached to anterior part of intercondylar area to the lateral femoral condyle

- function:

- prevents anterior displacement of tibia
- it becomes tense near full extension

posterior view



attaches posteriorly on tibia

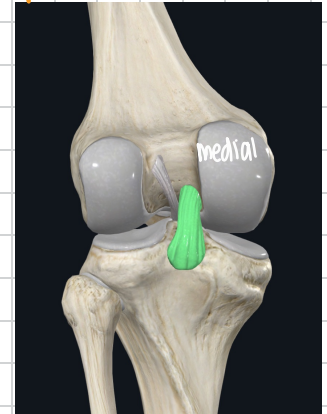
↳ posterior cruciate ligament

- attached to posterior part of intercondylar area to the medial femoral condyle

- function:

- prevents posterior displacement of the tibia
- becomes tense in full flexion

posterior view



• unhappy triad: injury to

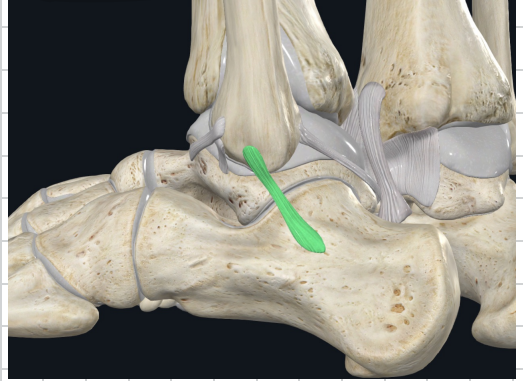
- ① medial meniscus
- ② tibial cruciate ligament
- ③ anterior cruciate ligament

Supporting ligaments of the ankle joint :

medial (deltoid)



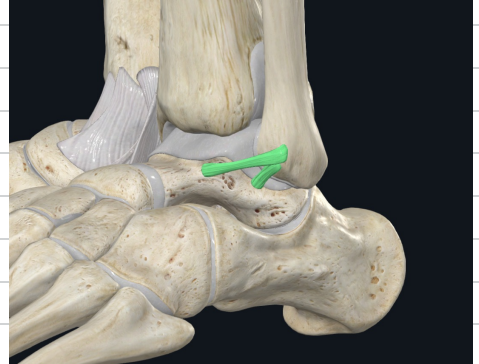
calcaneofibular



posterior talofibular



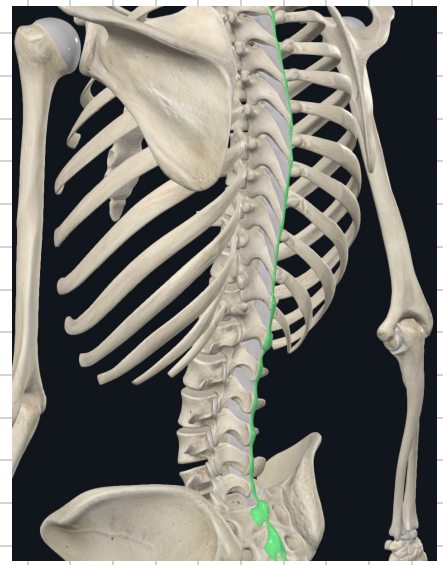
anterior talofibular



↳ vertebral column ligaments:

↳ supraspinous ligament:

- between the tips of adjacent spines



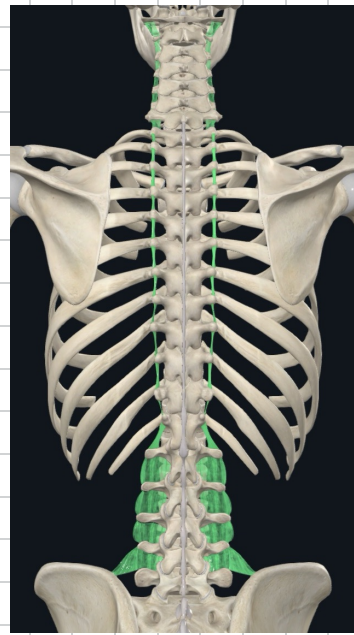
↳ interspinous ligament:

- connects the adjacent spines



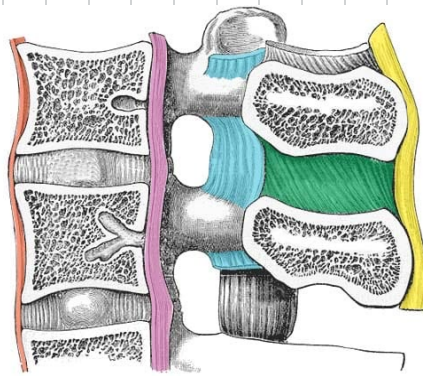
↳ intratransverse ligament:

- between adjacent transverse processes



↳ ligamentum flavum:

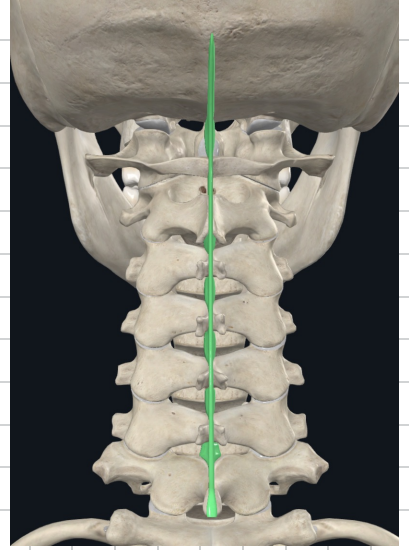
- connects the laminae of adjacent vertebrae



■	Anterior longit. ligament
■	Posterior longit. ligament
■	Ligamentum flavum
■	Interspinal ligament
■	Supraspinous ligament

↳ ligamentum nuchae:

- in the cervical region, the supraspinous interspinous ligaments are greatly thickened to form the strong ligamentum nuchae



(وَأخِرُ دَعْوَاهُمْ أَنِ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ)

الله يعطيكم العافية و يجعله في ميزان حسناتكم
لا تنسوا الدعاء لأهلنا في غزة