

ANATOMY OF THE LEGS

The legs are a timeline. From the ankle to the knee is early childhood. The back of the knee is pre-teen. Often a very sensitive part of the body just like the pre-teen years. From the knee to the pelvis is the teenage years up to leaving home. The knots are unprocessed experiences and feelings from that time.

The Anatomy Coloring Book pages 38 & 39.

Bones and joints of the legs

The foot and leg meet at the ankle joint. The two bones of the lower leg are the **tibula** and **fibula**.

The major joint in the leg is the **Knee joint** found between the bottom of the **femur** bone of the upper leg and the **tibia** of the lower leg. Held together by the **anterior cruciate, ligament, posterior cruciate ligament, medial collateral ligament** and the **medial meniscus**. The **patella** is the floating bone we call the knee cap.