

Provoke



LANDMARK GUIDE

ANTERIOR

- #1 Half of the superior portion of the thigh
- #2 Superior to the patella at the half portion of the thigh
- #3 Antero-lateral tibial plateau
- #4 Tibial tuberosity
- #5 Center of the apex of the calf muscle
- #6 Antero-medial tibial plateau

LATERAL

- #7 Half of the superior portion of the thigh
- #8 Half of the lateral femoral condyle
- #9 Apex of the head of the fibula
- #10 Center of the apex of the calf muscle

MEDIAL

- #11 Tubercle of the adductor magnus muscle

POSTERIOR

- #12 Half of the superior portion of the thigh
- #13 Middle of popliteal fossa
- #14 Center of the apex of the calf muscle

