

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-medical 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 Tubercla 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