

# Relationship between Degeneration of the Articular Cartilage of the Patellofemoral Joints and Anatomical Structure

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## Abstract

The purpose of this study was to examine and measure the articular cartilage of the patellofemoral joint. We examined 84 patellofemoral joints of 42 human cadavers with the naked eye, and measured the shape of the articular surface of the patella, the degenerative situation of the joint cartilage, the thickness of the cartilage, and the quadriceps-angle. Anatomical factors such as the shape of the patellar articular surface, the thickness of the joint cartilage, the greater Q-angle and weakness of the quadriceps femoris muscles, were closely related to the degeneration of the PF joints in females. From these results, we consider that many elderly females may have problems with the patellofemoral joints. Therefore, it is important to carefully instruct these patients with regard to exercise and training.

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