

Medial and Lateral Retinaculum Program Transcript

The patellofemoral joint is stabilized by the quadriceps tendon, the patellar ligament, the medial retinaculum, and the lateral ret. The medial retinaculum is formed by the fascia of the vastus medialis muscle, extending onto the medial aspect of the patella. The lateral retinaculum is formed by fascia from the iliotibial band, and the vastus lateralis, combining to form this retinaculum on the lateral side of the patella. The medial and lateral retinacula are also important stabilizing structures for the tibiofemoral joint.