The patella forms the patellofemoral joint. This joint is a complex articulation with high functional and biomechanical requirements. Multiple clinical problems of the knee joint may be caused by anatomical and physiological abnormalities of this joint. Therefore, exact knowledge about the anatomy, biomechanics, and function of the patellofemoral joint is required to understand its wide range of pathology. So, 10 patella of adult human were measured to determine the surface area of the medial and lateral articular surfaces. The result indicated that the lateral articular surface area of the patella is larger than the medial one. This led to the conclusion that there is an increase in pathological regions on the lateral side of the knee joint, besides increasing contact area in human weight bearing and causing pain on the lateral side with increasing contact area during flexion exercise of the knee joint.