

PTA/OTA 106 Regional A & P Unit 3

Upper and Lower Extremities

GBlevins/Fall 2011



Ankle (Talocrural) joint and Foot:

A. Ligaments:

Interosseous tibiofibular ligament	Anterior tibiofibular ligament
Posterior tibiofibular ligament	Long plantar ligament
Short plantar ligament	Extensor retinacula
Plantar aponeurosis	Interosseous membrane
Plantar calcaneonavicular ligament (spring)	

B. Bursae:

retrocalcaneal bursa	Subcutaneous Calcaneal Bursa
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C. Cartilage:

Articular cartilage

D. Bones:

Tibia:		
Medial malleolus		Fibular notch
Fibula:		
Lateral malleolus		
Tarsal (or tarsus) bones:		
Calcaneus		Talus
Navicular		Cuboid
Cuneiforms:		
(First (or medial), Second (or intermediate), Third (or lateral))		
Metatarsal bones:		
Numbered 1-5 (big toe side is #1)		
Phalangeal bones:		
Toes numbered 1-5 (big toe is #1)		
Proximal	Middle (Intermediate)	Distal
Joints:		
MTP Metatarsophalangeal joint		PIP Proximal interphalangeal joint.
DIP Distal interphalangeal joint		

E. Clinical concerns:

Plantar fasciitis

F. Surface Anatomy:

Foot:

Calcaneal tendon	Fibularis longus tendon
Lateral malleolus	Medial malleolus
Extensor digitorum longus tendon	Site of Dorsalis pedis
Great Saphenous vein	Tibialis anterior tendon
Extensor hallucis longus tendon	Extensor hallucis brevis tendon
Fibularis brevis tendon	Soleus
Gastrocnemius (medial and lateral heads)	

Arches:

Longitudinal Arch	Medial Longitudinal arch
Lateral longitudinal arch	Transverse Arch

G. Muscle information from List

Gastrocnemius	Extensor digitorum longus
Soleus	Extensor hallucis longus
Plantaris	Tibialis anterior
Tibialis posterior	Peroneus longus
Flexor hallucis longus	Peroneus brevis
Flexor digitorum longus	Peroneus tertius

Gait Cycle:

Stance phase	heel strike
Push-off	swing phase.

H. Nerves:

Saphenous	Superficial fibular (peroneal) nerve
Deep fibular	Medial plantar
Lateral plantar	Sural

J. Arteries:

Dorsalis pedis	Anterior tibial artery
Posterior tibial artery	Arcuate artery
Lateral tarsal artery	Deep plantar arch

K. Veins:

Small saphenous vein	Great saphenous vein
Dorsal venous arch	Plantar arch

