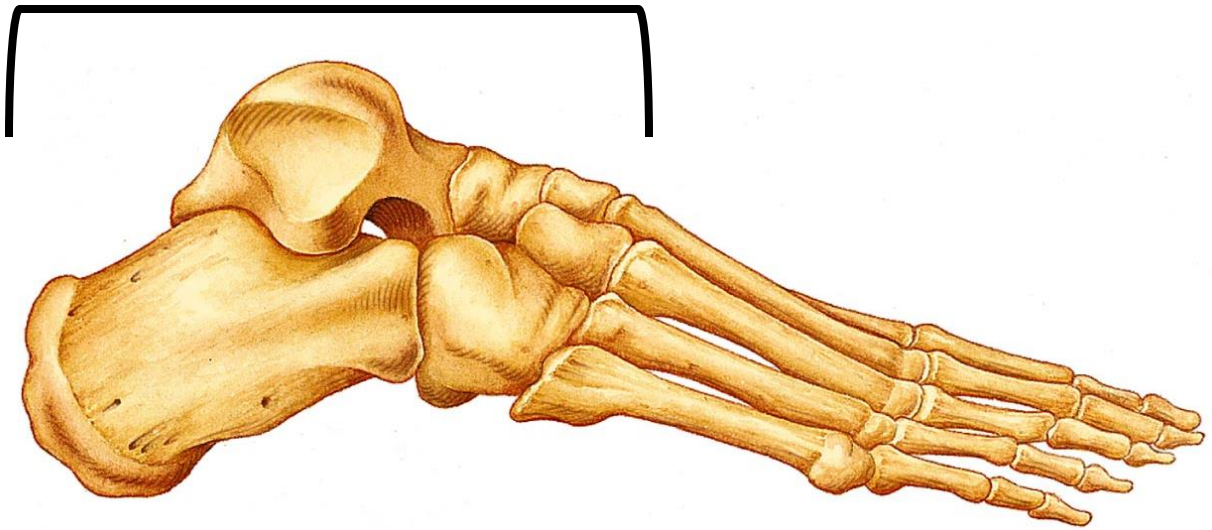
Appendicular Skeleton
Ankle and Foot

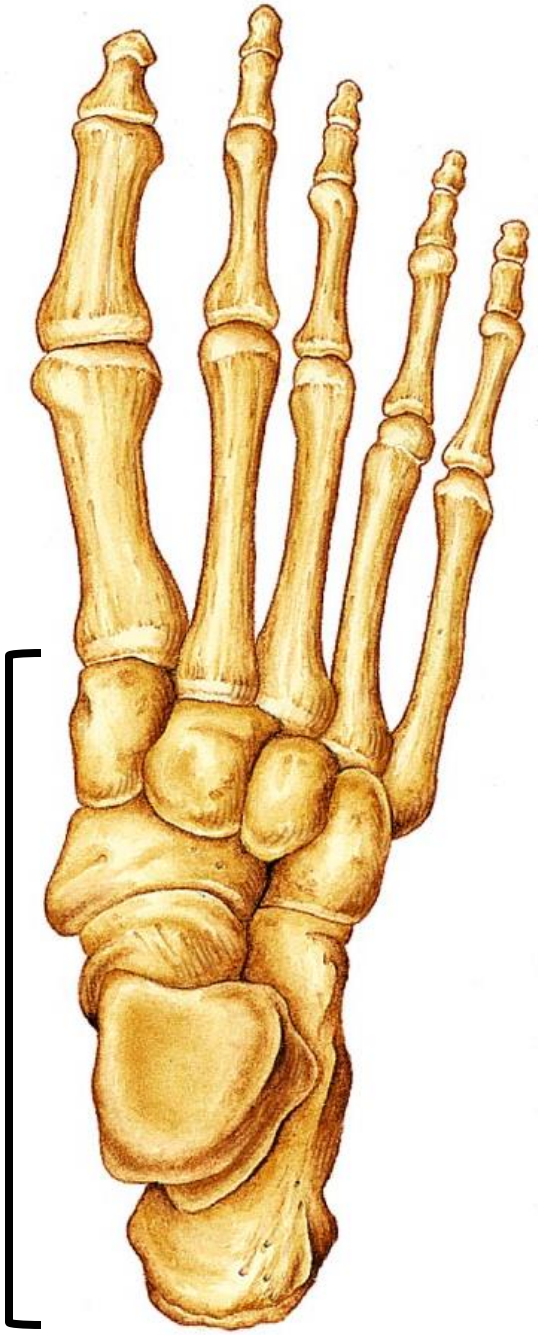
Foot

- Supports our body weight.
- Acts as a lever to propel the body forward when we walk/run

Tarsal Bones

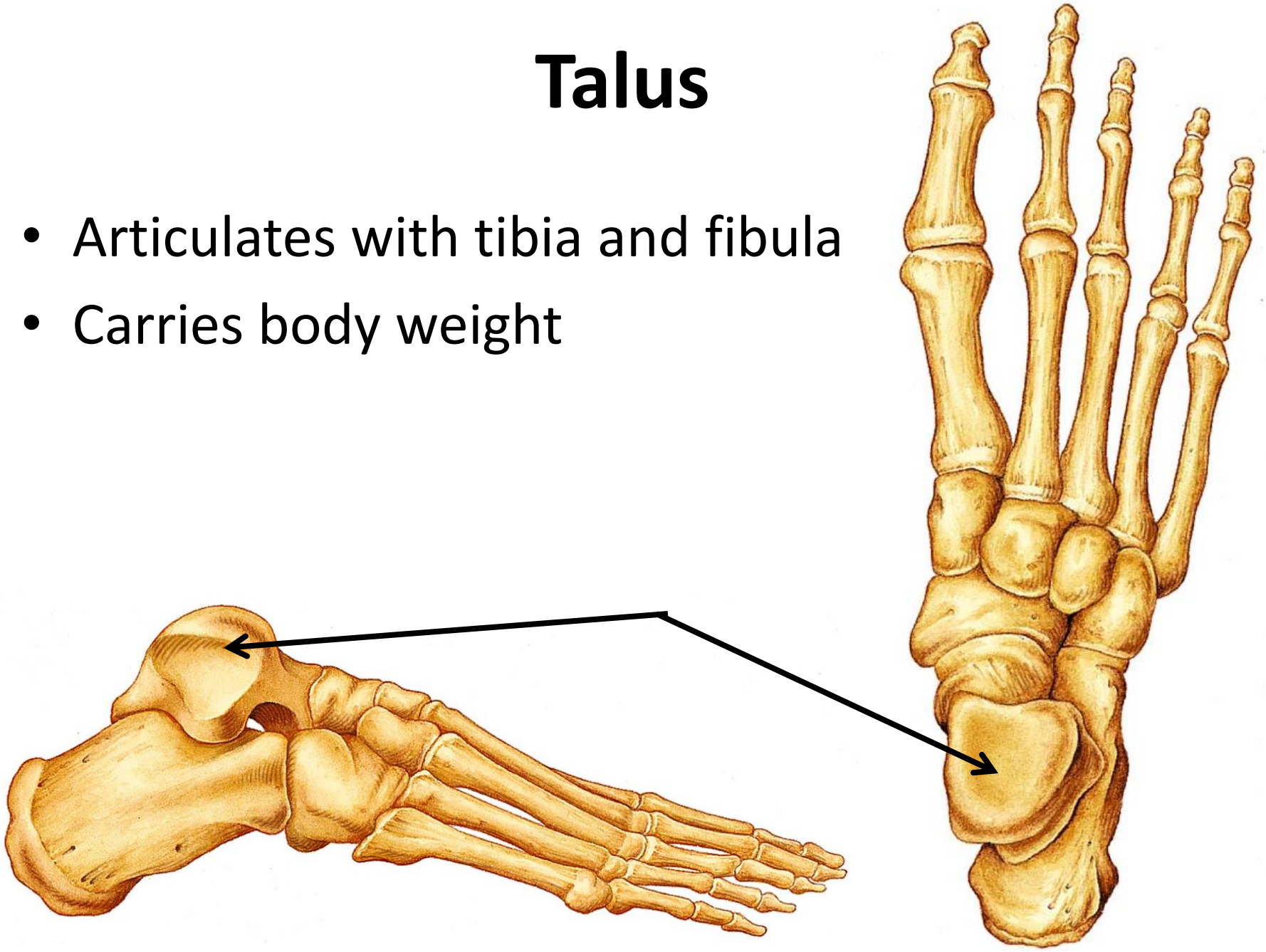
- 7 bones
- Posterior half of foot





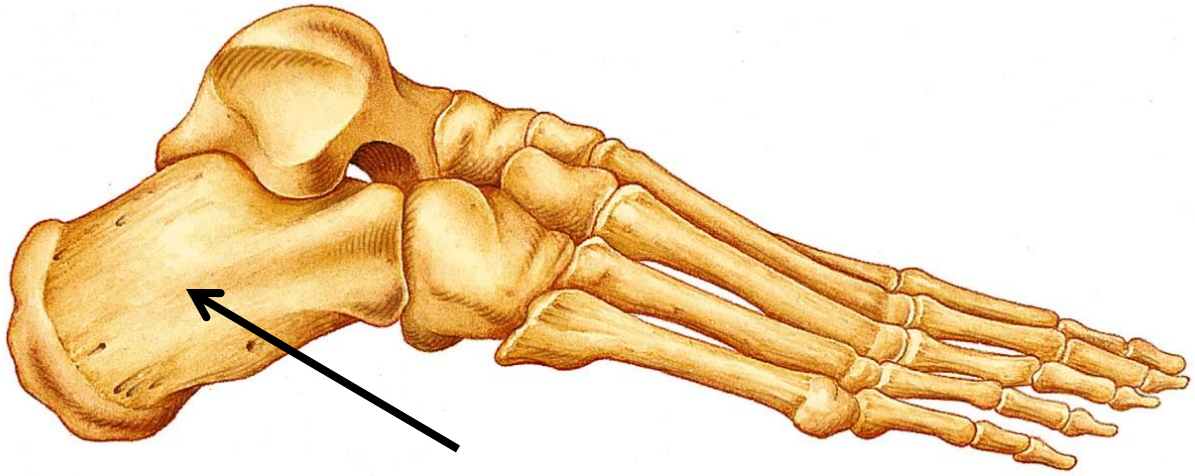
Talus

- Articulates with tibia and fibula
- Carries body weight



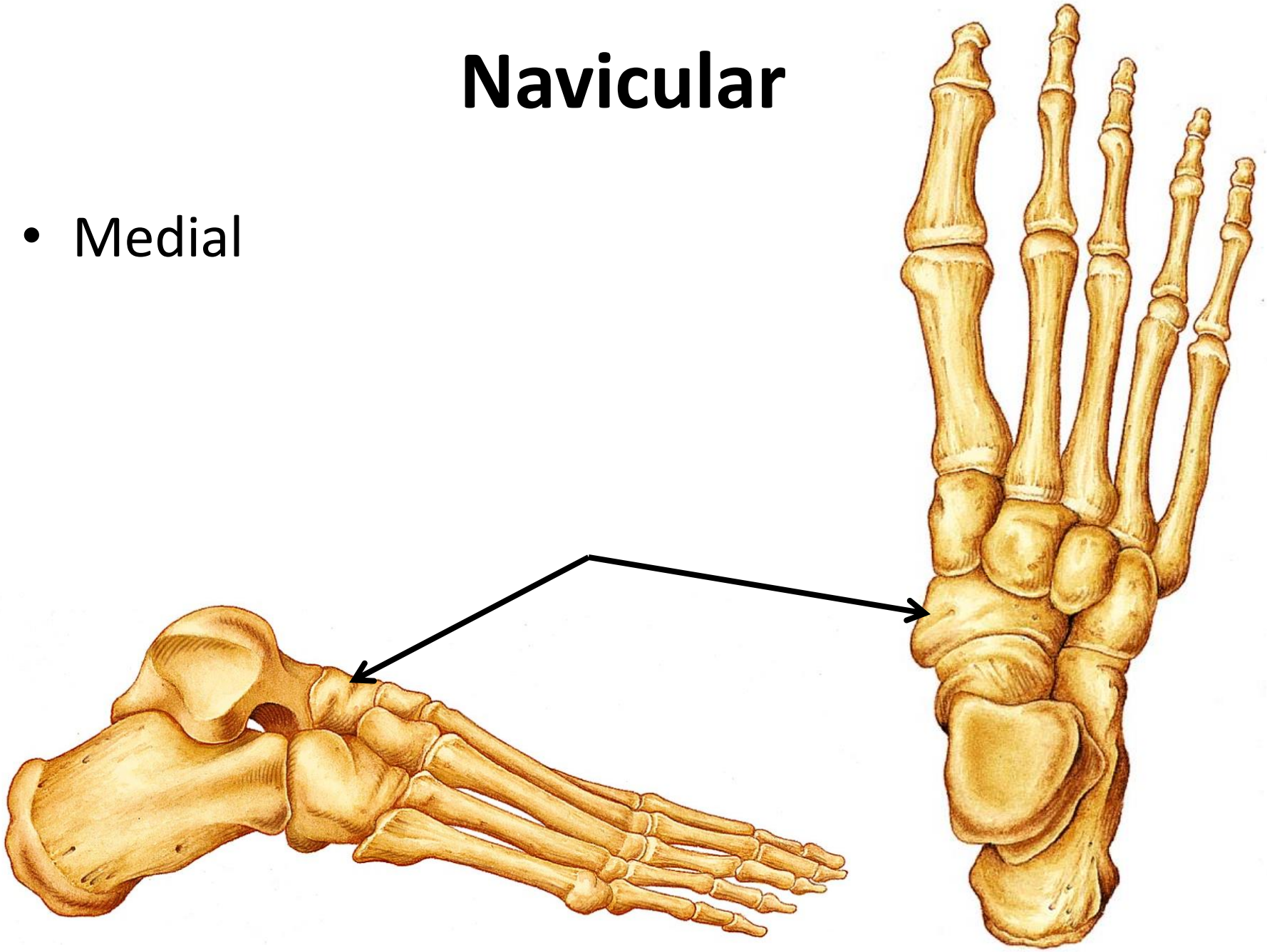
Calcaneus

- Heel bone
- Carries talus on superior surface
- Achilles tendon attaches on posterior surface



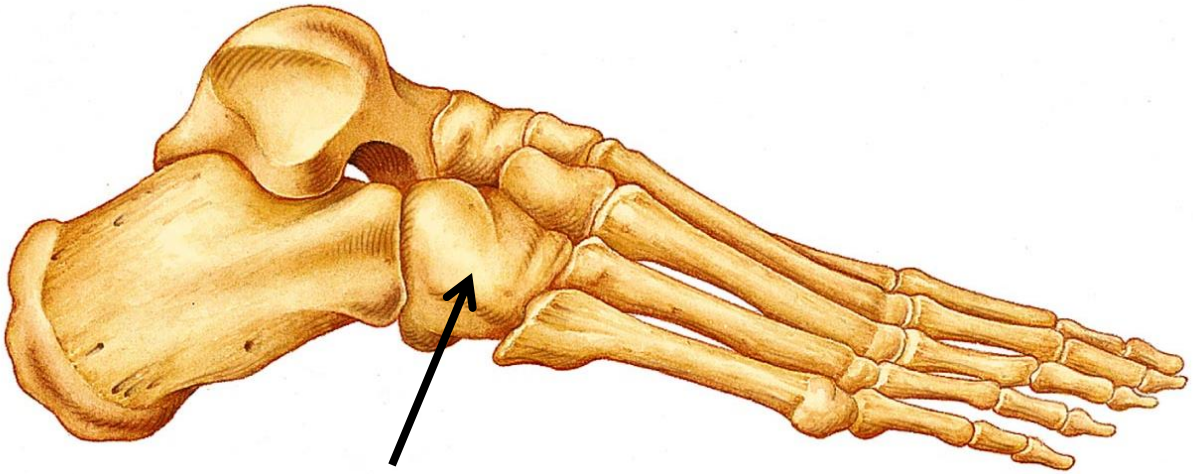
Navicular

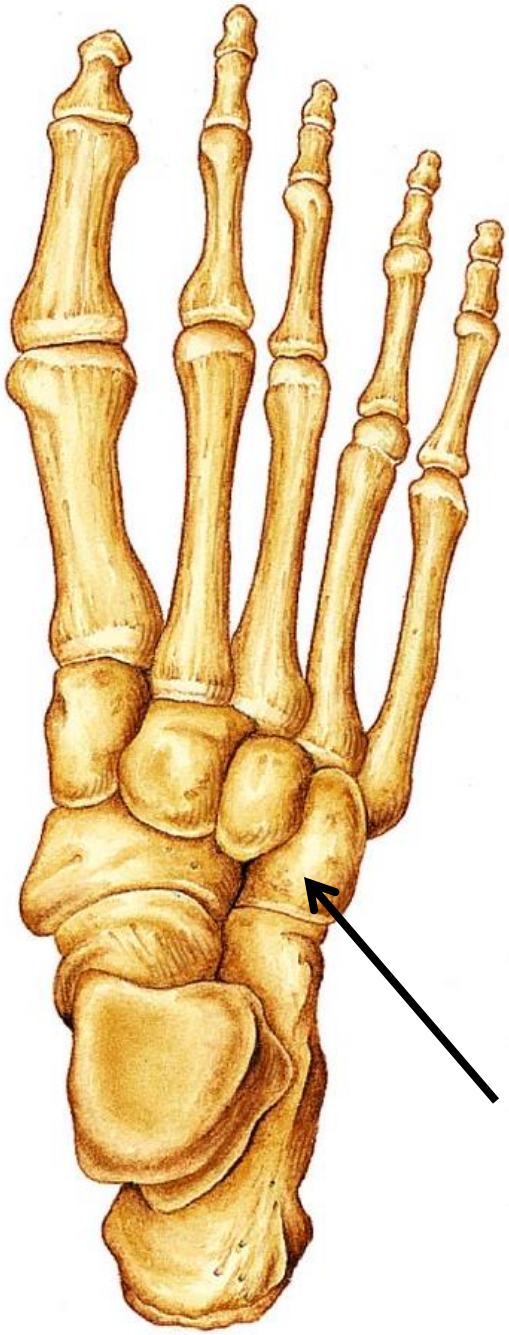
- Medial



Cuboid

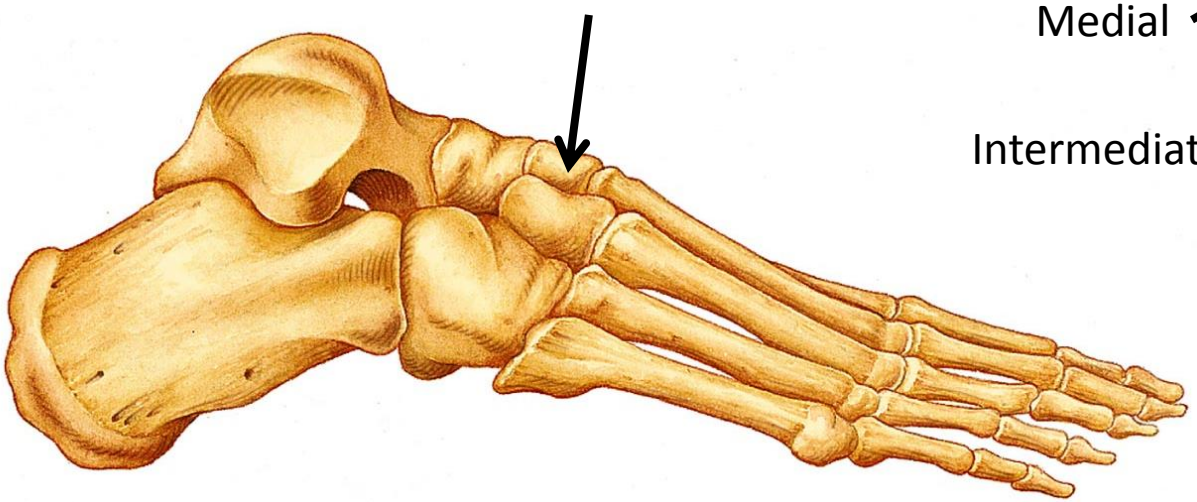
- Lateral
- Articulate with metatarsals

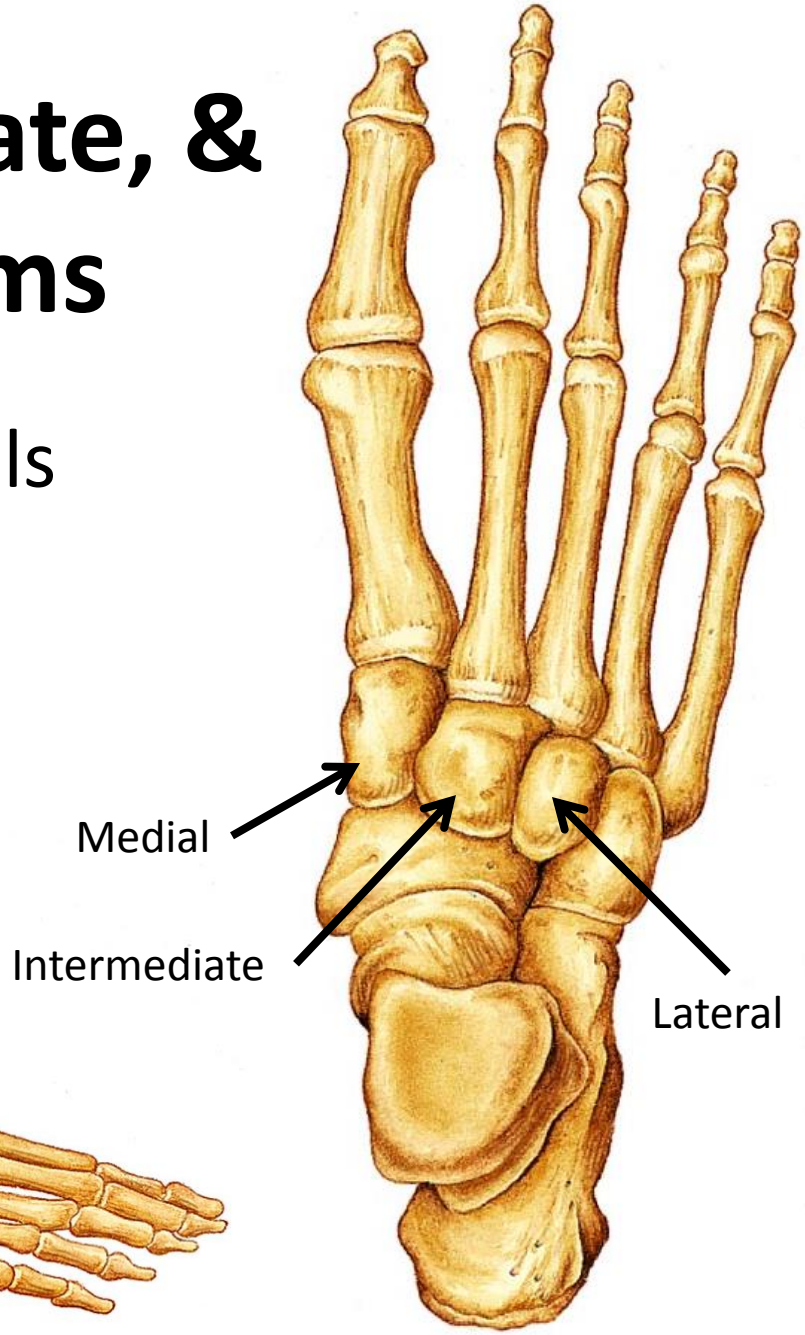




Medial, Intermediate, & Lateral Cuniforms

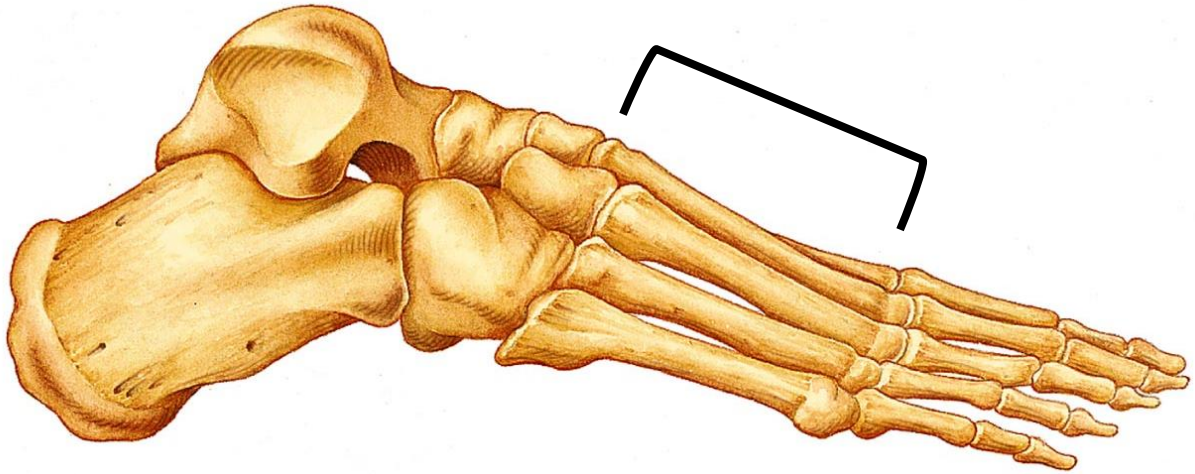
- Articulate with metatarsals

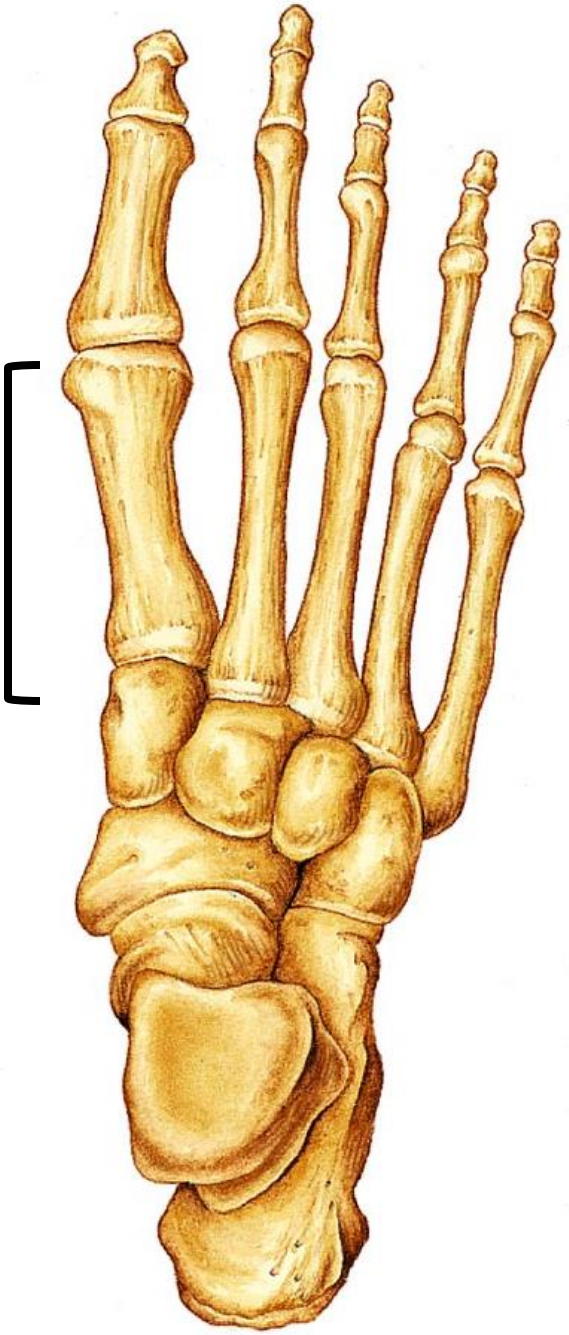




Metatarsals

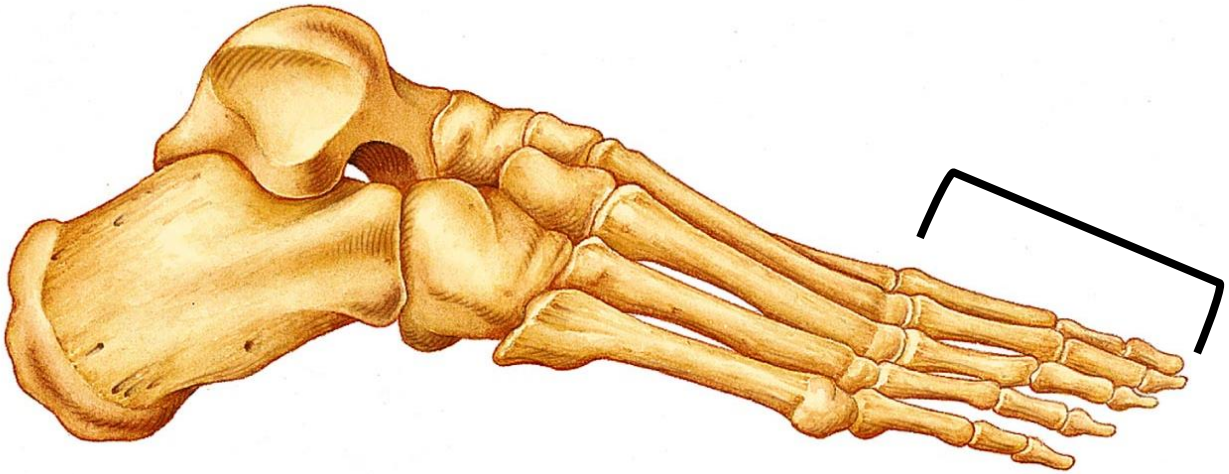
- 5 small, long bones
- Numbered 1-5, begin on medial side

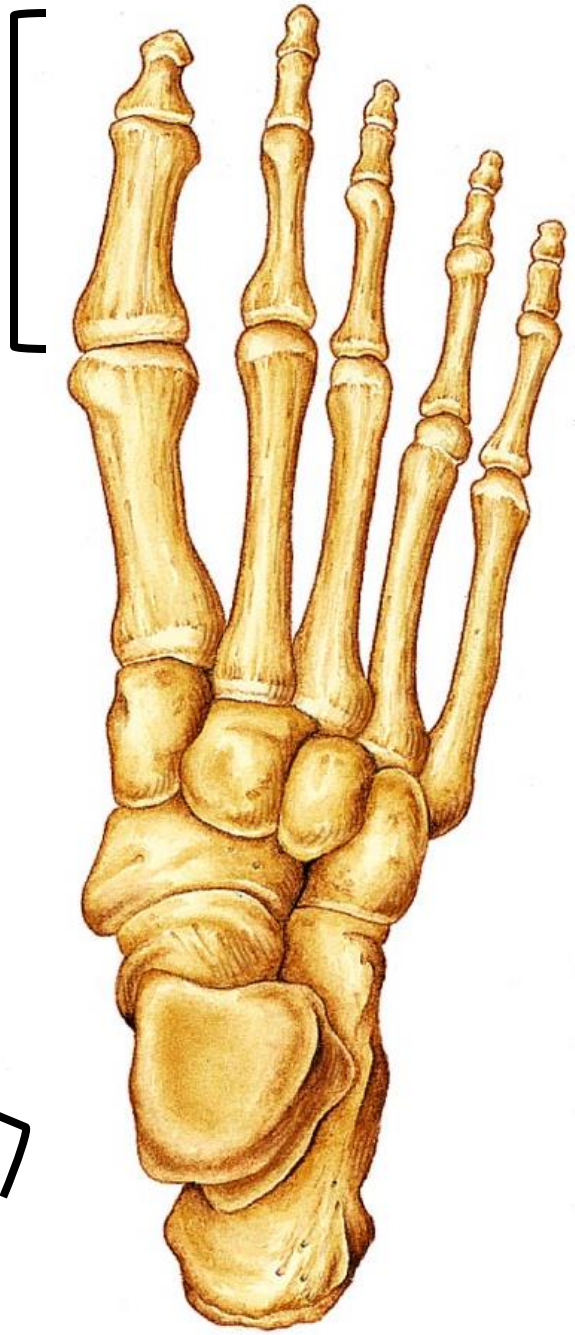




Phalanges (Toes)

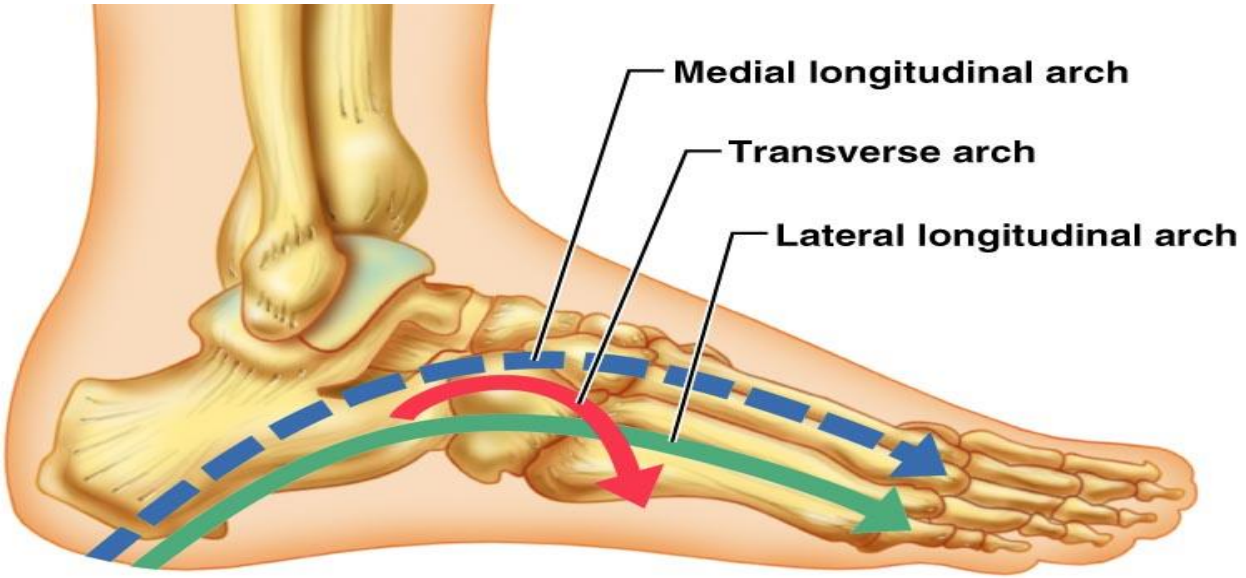
- 14 bones
- 1st – hallux – big toe – only has 2





Arches of Foot

- Three arches: 2 Longitudinal (medial, lateral) and 1 Transverse
- Reason why the foot can hold weight of the body.



Arches of Foot

- Maintained by interlocking shapes of bones, ligaments, and pull of tendons during muscle activity
- Give or stretch slightly when weight is applied to foot, and spring back when weight is removed.