

Headings

Bone forming

Humit

Post pillar

Ant pillar

Vulnerable part

Characteristic feature

MLA

LCA

TA

Calcaneus, talus
navicular, 3 cuneiforms
3 metatarsals.

Calcaneus cuboid
4th 5th metatarsals

base of metatarsal
cuboid of 3 cuneiform
bone bone.

tarsal tunnel
vulgar of talus

sub talus joint.
calcaneum

Medial tubercle of
calcaneus

Medial tubercle of
calcaneus.

Head of medial 3
metatarsals

Head of 4th 5th
metatarsals.

Head talus

calcaneal cuboid
joint

Resiliency

Rigidity of bone

Type:
Medial longitudinal arch
Lateral longitudinal arch
Transverse arch.

Arch of foot:

classmate

Date _____

Page _____

Headings.

LLA

LLA

TA

Spring ligament provide dynamic support to the head of talus.

Shape of bone

Wedge shaped thin edge directed to Plantar

superior is the key where

wedge shape of corniform and base of middle of metatarsals

Intergumental fib.

Plantar ligament binds together the lower edge, spring ligament.

long of short plantar ligament.

The dorsal interspersed all as intertarsal fib

Tie beam

Prevent the separation of plantar plantae Aponeurosis, Abductor Hallus, Flexor HB, FDB FHL of Medial side of FDL

Plantar Aponeurosis ADD, FDL, lateral part of FDL of longus tendon

The tendon of PL of Tibialis Post support the TAs the hix.

Maintaining foot's shape

Tendon of Tibialis Anterior of muscular Bursa of digitalis long of Ankle joint.

Phoresis basis of talus - wing action - Phoresis longus - Archy sustentaculi mechanism

Phoresis this fibers from lateral side Tibialis Post on Medial side

tail part, AAL, FDL

- Factors maintaining the arches of the foot:
- 1) shape of bone
 - 2) Intergumental fib
 - 3) strings
 - 4) Tie beams.