

## Anatomy & Physiology: Bones—Foot and Ankle.

### STRUCTURE.

- Tarsus: the ankle; proximally located. Consists of: talus (ankle bone); calcaneous (heel bone, largest and strongest of the tarsal bones); navicular (medial, forms the "platform" for the 3 cuneiform bones); cuneiform (x3, lateral, intermediate, medial); cuboid (lateral, cube-shaped).
- Metatarsals: intermediate region of the foot and numbered I-V starting with the great toe (hallux as I). Articulate with cuboid and cuneiforms.
- Phalanges: proximal, middle and distal; 3 phalanges per toe except for the great toe (hallux) which only has 2. Phalanges are numbered medial to lateral starting with 1 at the great toe.

### FUNCTION.

### CLINICAL SIGNIFICANCE.

## References

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