Anatomy of foot
BONE AND JOINTS

- ankle bone or talus
- the large tibia and the smaller fibula come together at the ankle joint.
- back part of the foot (hindfoot) are the talus and the calcaneus, or heel bone. The talus is connected to the calcaneus at the subtalar joint.
Hindfoot Anatomy

Subtalar joint
Tibia
Fibula
Talus
Calcaneus
Tarsals
Metatarsals
Phalanges

Hindfoot Forefoot
BONE AND JOINTS

- The tarsal bones are connected to the five long bones of the foot called the metatarsals, without much movement at the joints.

- The joint between the metatarsals and the first phalanx is called the metatarsal phalangeal joint (MTP).
Ligaments and tendons

- Ligaments are the soft tissues that attach bones to bones. Ligaments are very similar to tendons.
- The difference is that tendons attach muscles to bones.
- Both of these structures are made up of small fibers of a material called collagen.
Tendon ที่อยู่ด้านบนจะช่วยให้เนื้อเยื่อตื่นเต้น

Tendon ที่อยู่ด้านล่างจะช่วยให้เนื้อเยื่อตื่นเต้นอ้​
Muscles

- There are numerous small muscles in the foot. Most of the muscles of the foot are arranged in layers on the sole of the foot. These muscles move the toes and provide padding underneath the sole of the foot.
Nerves

- The main nerve to the foot, the posterior tibial nerve.
- This nerve supplies sensation to the toes and sole of the foot and controls the muscles of the sole of the foot.
Vessels

- The main blood supply to the foot, the posterior tibial artery.
- One of these arteries is the *dorsalis pedis* that runs down the top of the foot.