1) **Bones, Joints, and Ligamentous structures**
   
   a. **Bones** – Be familiar with the parts of the bones as discussed in class and the landmarks associated with the bones listed below
      
      i. **Leg**
         
         1. Tibia and Fibular
            
            a. Distal and Proximal Tib-Fib articulations and associated ligaments
            b. Interosseous membrane
         
      2. **Key lower extremity landmarks**
         
         a. Medial and Lateral condyles of tibia
         b. Tibial Tuberosity
         c. Pes Anserine attachment site
         d. Head of the fibula
         e. Shaft of tibia and fibula
         f. Lateral malleolus of the fibula
         g. Medial malleolus of the tibia
         h. Medial and lateral intercondylar tubercles
         i. Insertion groove for semimembranosus tendon
         j. Soleal line of tibia
         k. Distal groove for Tom, Dick, and Harry tendons
      
      3. **Bones of the ankle and foot**
         
         a. Calcaneus
         b. Talus
         c. Navicular
         d. Cuneiforms
            
            i. Medial, middle, lateral
         e. Cuboid
         f. Metatarsals
         g. Phalanges
         h. Sesamoid bones
      
      4. **Key landmarks bones of the foot**
         
         a. Trochlea of the talus
         b. Medial tubercle of the talus
         c. Head of the talus
         d. Navicular tubercle
         e. Sustentaculum tali (on the calcaneus)
         f. Tuberosity of the Calcaneus
         g. Peroneal tubercle (or trochlea) of Calcaneus
         h. Base, shaft, and head of metatarsals
         i. Base, shaft, and head of phalanges
         j. Tuberosity of fifth metatarsal
b. **Joints** – Be familiar with the joints listed below, *all of the associated structures, and the ligaments* that bind and support the respective joints below:

i. Proximal Tib-Fib Articulation
   1. Anterior and Posterior ligament of head of fibula
   2. Interosseous membrane

ii. Distal Tib-Fib Articulation
   1. Anterior Tibiofibular ligament
   2. Posterior Tibiofibular ligament

iii. Talocrural joint
   1. Posterior Tibiofibular ligament
   2. Posterior Talofiblar ligament
   3. Posterior Talocalcaneal ligament
   4. Anterior Talofibular ligament
   5. Calcanealfibular ligament
   6. Deltoid ligament (“delta” triangular shaped made up of the ligaments below)
      a. Post. Tibiotalar ligament
      b. Tibiocalcaneal ligament
      c. Tibionavicular ligament
      d. Ant. Tibiotalar ligament

iv. Other structures (be familiar with these and know their location)
   1. Calcaneal (Achilles) Tendon
   2. Peroneal tendons (lateral)
   3. Tom, Dick, an Harry (medial)
   4. Retinacula
      a. Extensor retinacula
      b. Peroneal retinacula (lateral)
      c. Flexor retinacula (medial)
   5. Posterior Tibial Artery (location of pulse) part of the an in Tom Dick an Harry
   6. Dorsalis Pedis Artery (location of dorsal pedal pulse)
   7. Calcaneal Bursae
   8. Retrocalcaneal Bursae
   9. Plantar Aponeurosis (Facia)

v. Ligaments of the foot
   1. **Have a general familiarity with all of the ligaments of the foot**
      *However I will not hold you to the same recollection as those listed above.*
   2. Review the following
      a. Spring ligament – Plantar calcaneonavicular
      b. Plantar calcaneal cuboid (short plantar)
      c. Long plantar ligament
      d. Dorsal tarsometatarsal ligaments
2) **Muscles of the Leg and Foot**
   a. Students should be familiar with the *origin, insertion, action(s), and innervation of the muscles listed below*. Give careful consideration to the comments in class related to movements, planes of movement, joint stability, and function. Also, review actions for the foot and ankle and the muscles that contribute to these actions.
      i. **Muscles of the Leg**
         1. Gastrocnemius
         2. Soleus
         3. Plantaris
         4. Popliteus
         5. Peroneus longus and brevis
         6. Tibialis Anterior
         7. Extensor Digitorum Longus
         8. Extensor Hallicus Longus
         9. Tibialis Posterior
         10. Flexor Digitorum Longus
         11. Flexor Hallucis Longus
      ii. **Muscles of the Foot**
          1. Extensor Digitorum Brevis
          2. Flexor Digitorum Brevis
          3. Abductor Hallucis
          4. Abductor Digitii Minimi
      iii. **Other Muscles of the Foot**
          1. Extensor Hallicus Brevis
          2. Flexor Hallicus Brevis
          3. Adductor Hallicus
          4. Flexor Digitii Minimi Brevis
          5. Quadratus Plantae
          6. Plantar Interossei
          7. Dorsal Interosseous
          8. Lumbricals