

Introduction to Clinical Assessment Practical – Ankle Osteology

Recap – Knee MMTs

- Quads
- VMO
- Rectus Femoris
- Hamstrings
- Popliteus
- Gastrocnemius

Learning Objectives

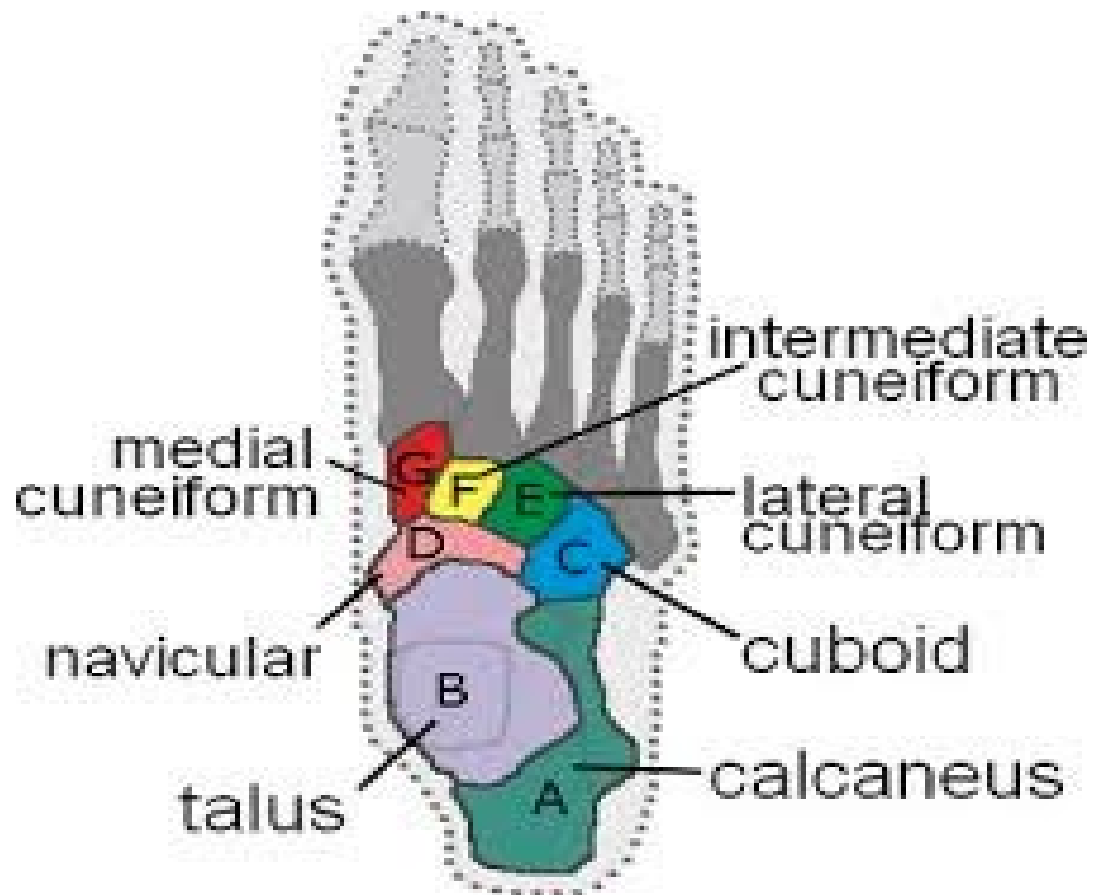
- Understand and know the relevant ankle osteology
- Be aware of how the bony points around the ankle region are involved in structure and function of the area

Main Bones

- Tibia
- Fibula
- Calcaneus
- Talus
- Tarsals
- Metatarsals
- Phalanges
- Popliteus
- Gastrocnemius



The Tarsals



Tibia and Fibula

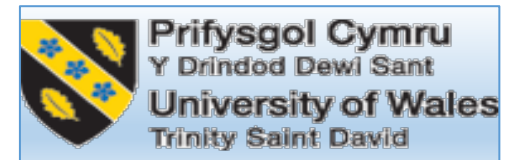
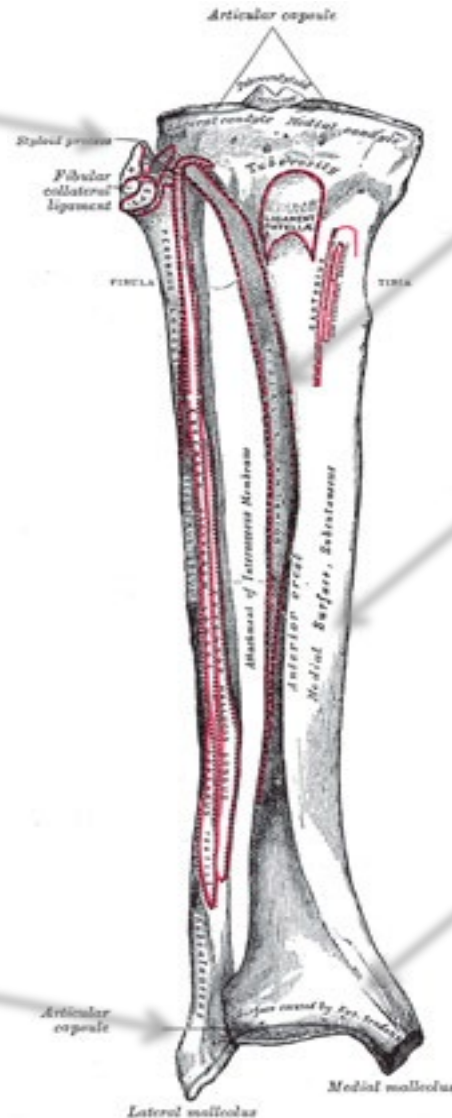
Head of Fibula

Anterior Border of the Tibia

Medial Border of the Tibia

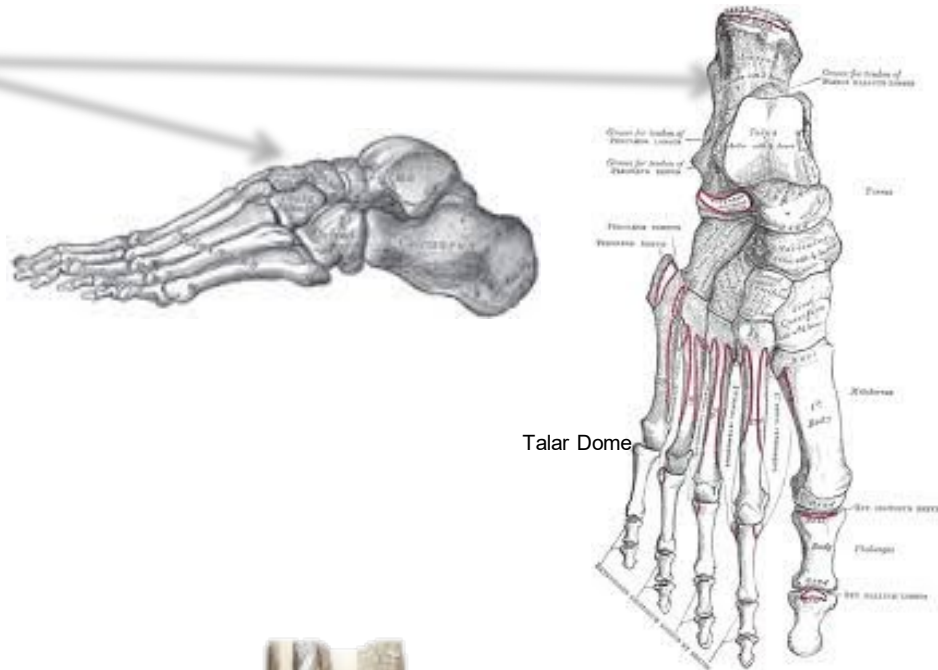
Medial Malleolus

Lateral Malleolus

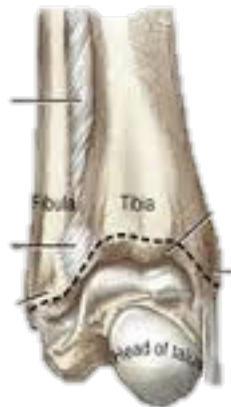


The Talocrural Joint Line (Ankle)

Talar Dome



2 fingers up
from the
Lateral
malleolus



2 fingers up
from the
medial
malleolus

The Calcaneus

Medial aspect

Sustentaculum Tali



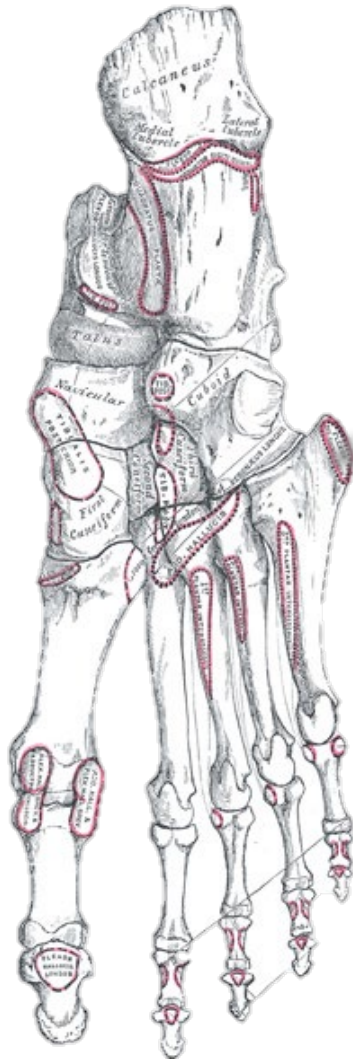
Medial Calcaneal
Tubercle/ Medial
process
of calcaneus

Navicular

Tuberosity of Navicular



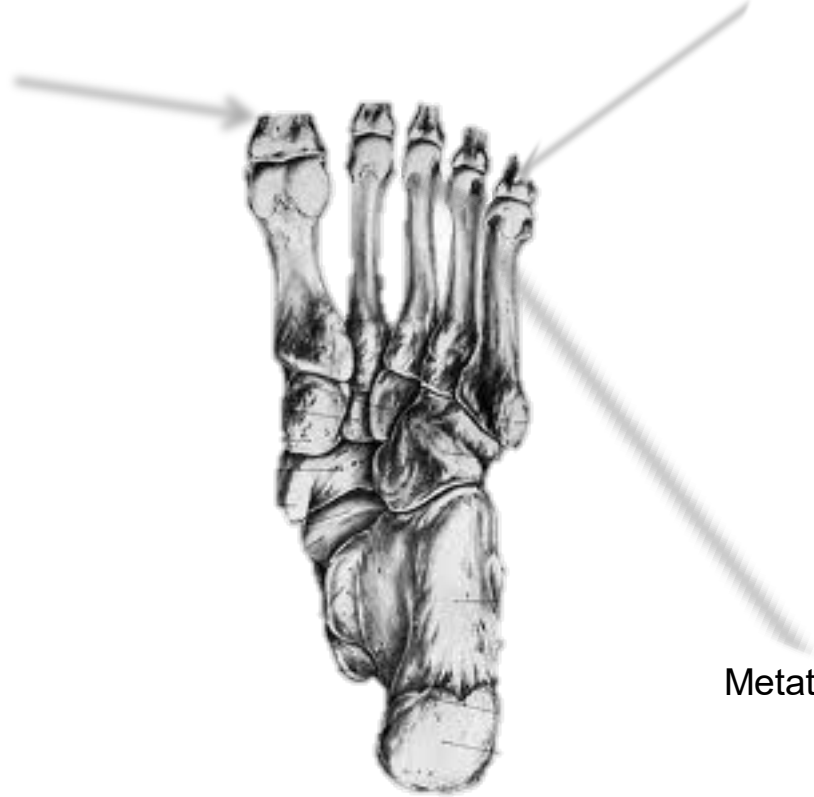
Base of 5th Metatarsal



Base of 5th Metatarsal

Heads of Metatarsals

Head of 1st
Metatarsal



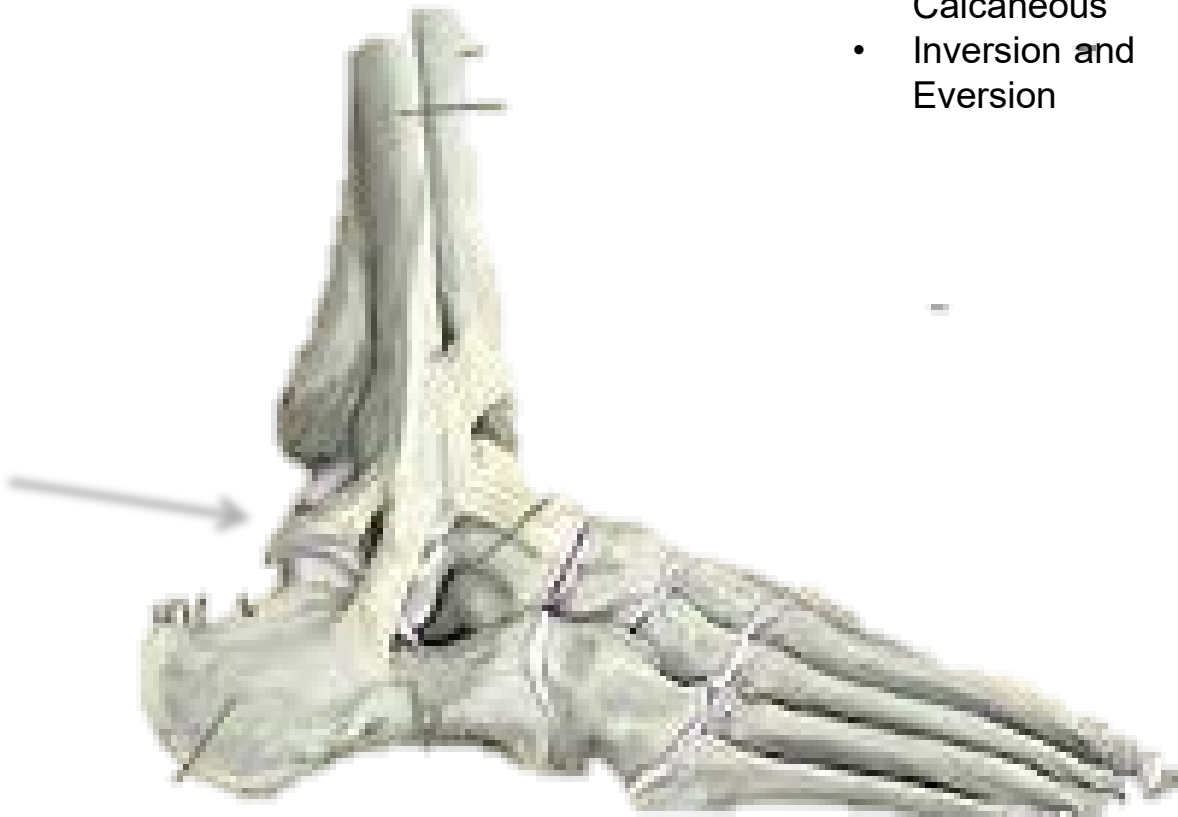
Head of 5th
Metatarsal

Metatarsal Heads 2-4

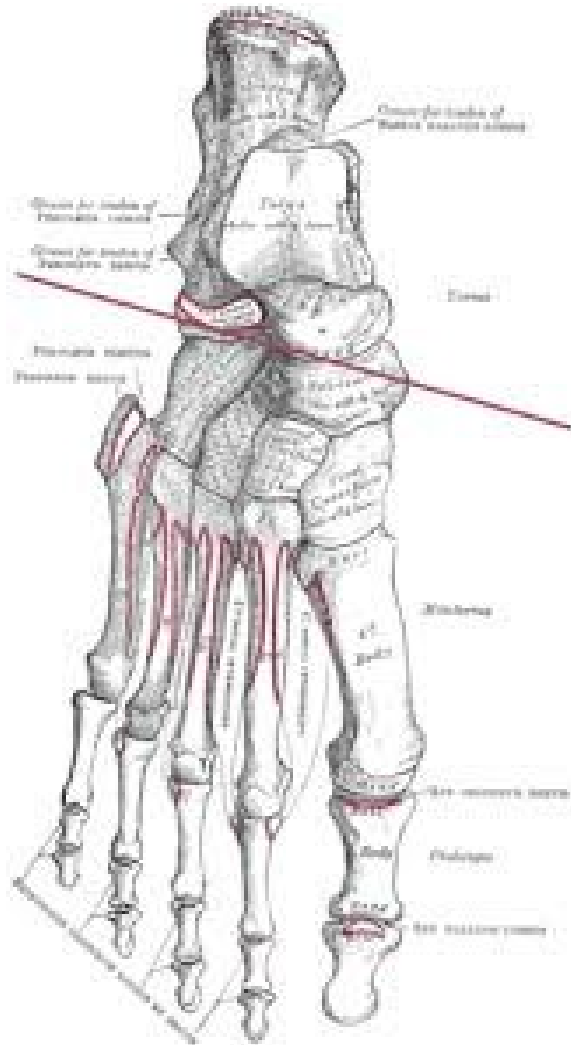
Subtalar Joint Line

- Articulation between Talus and Calcaneus
- Inversion and Eversion

SubTalar
Joint Line



Mid Tarsal Joint Line



- The midtarsal joint formed by the articulation of:
- The **calcaneus** with the **cuboid** (the calcaneo-cuboid joint)
- The **talus** with the **navicular** (the talocalcaneo-navicular joint)
- Midtarsal Inversion and Eversion

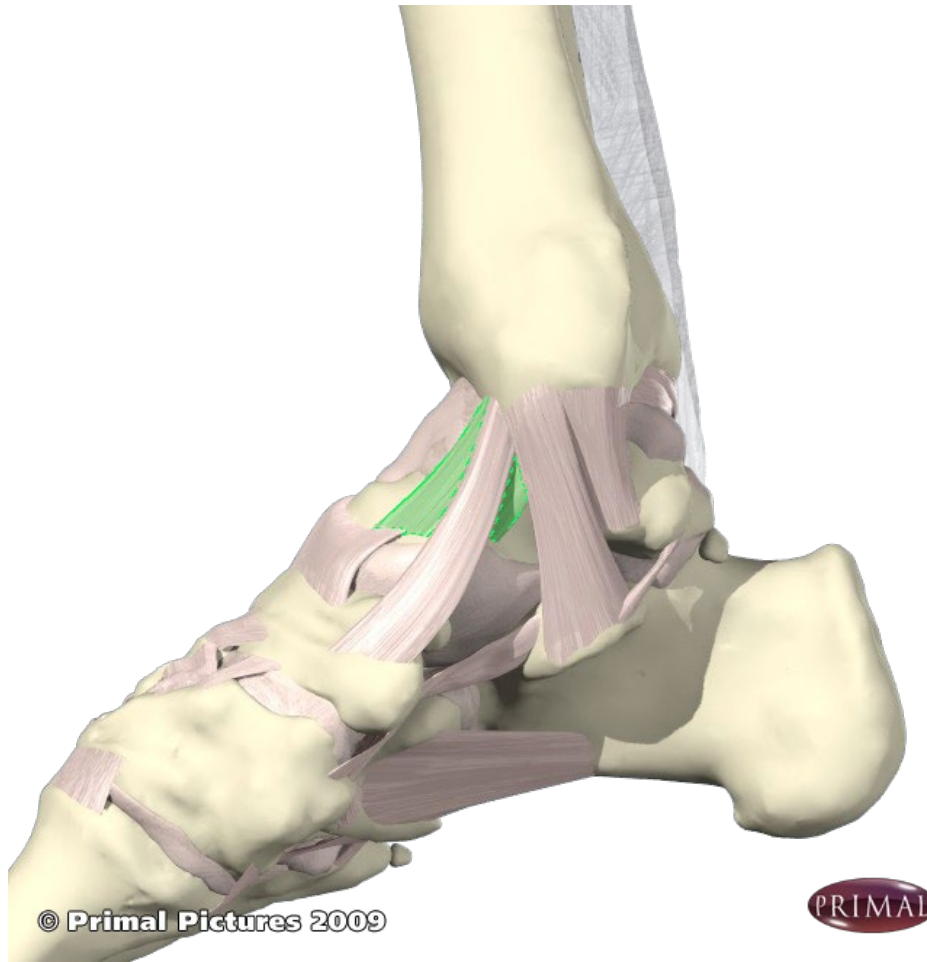
Ottawa Guidelines

Pain on palpation of:

- Medial malleolus
- Lateral malleolus
- Tuberosity of Navicular
- Base of 5th Metatarsal
- Head of Fibula

Should be X-Ray'd to check for fractures (#)

Medial Ligaments

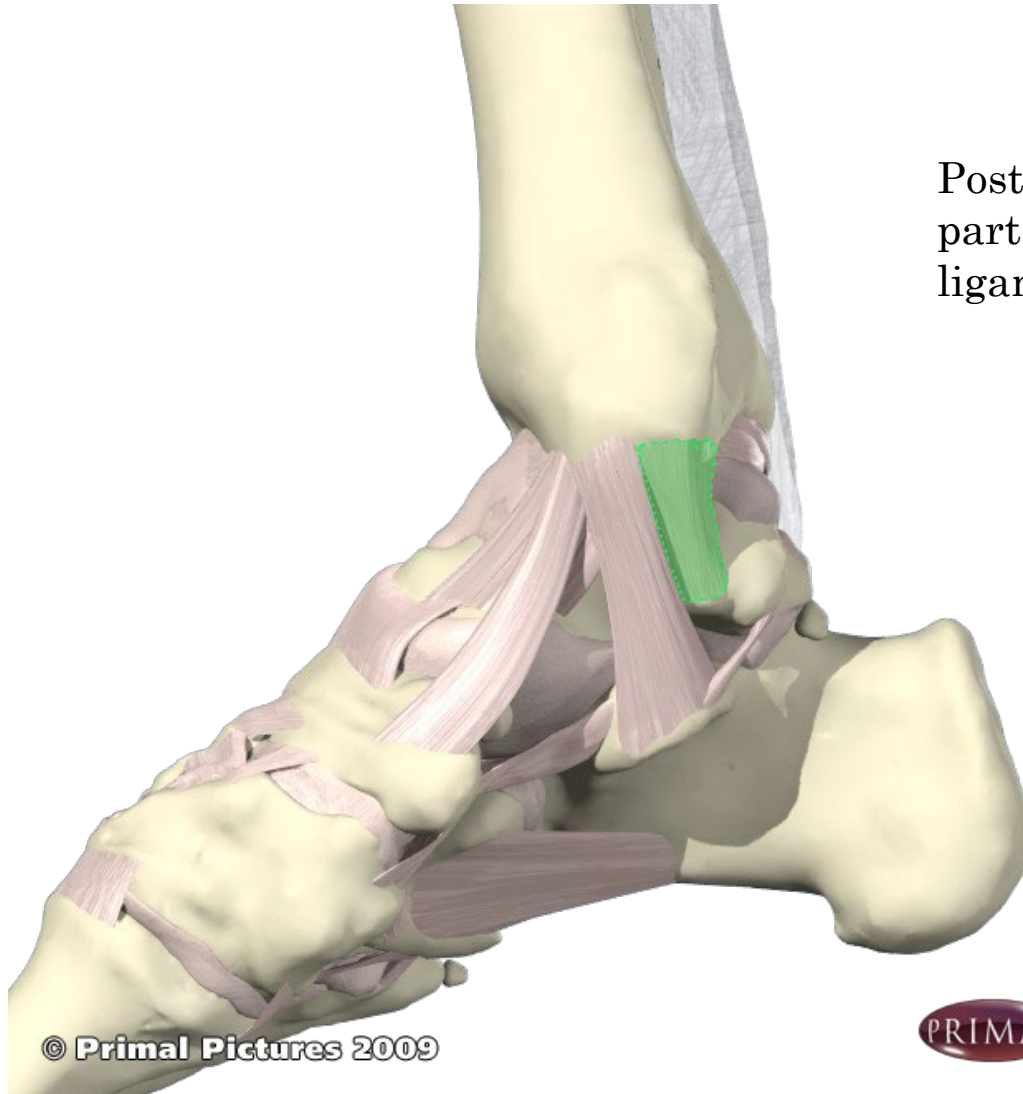


Anterior tibiotalar
part of deltoid
ligament

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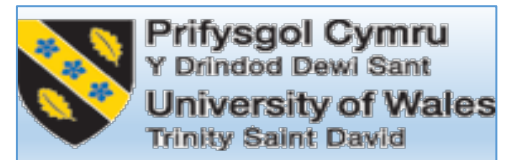
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Medial Ligaments



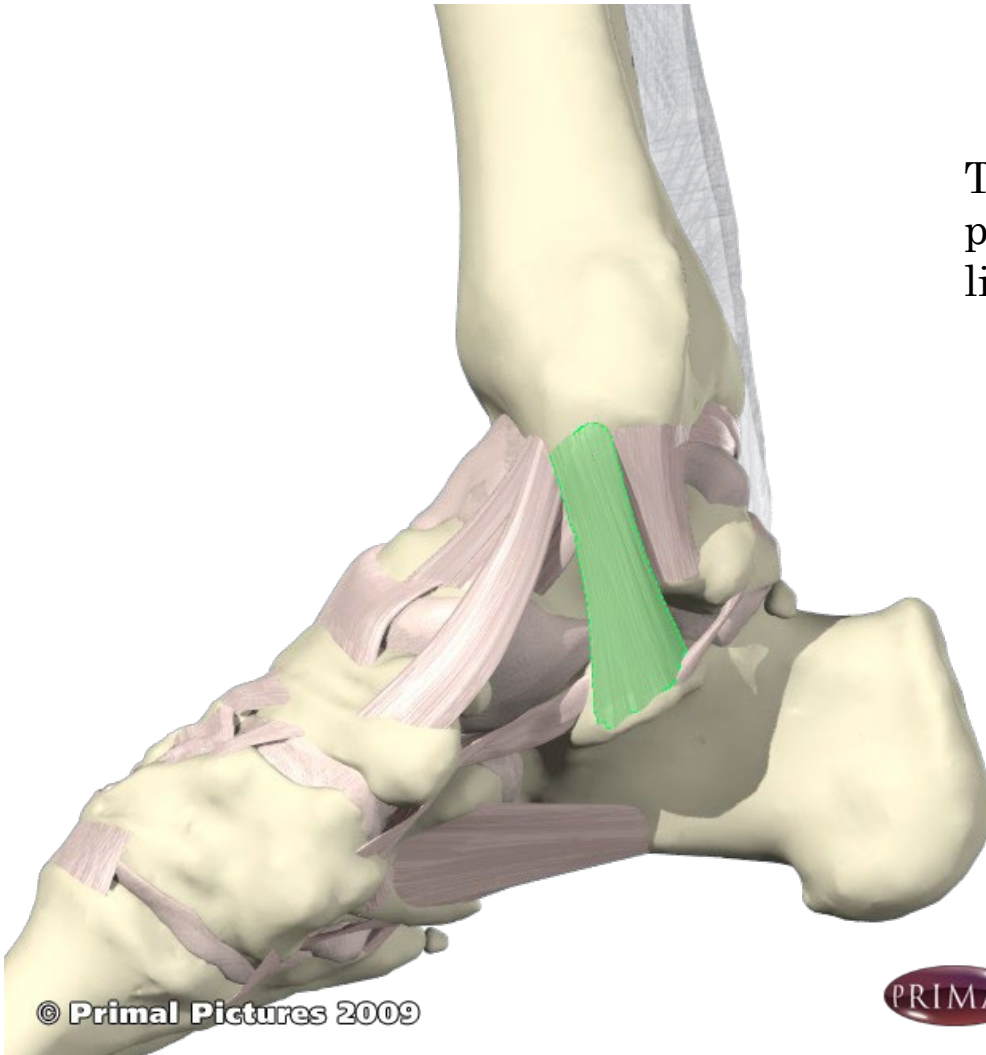
Posterior tibiotalar
part of deltoid
ligament

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Medial Ligaments

Tibiocalcaneal
portion of deltoid
ligament

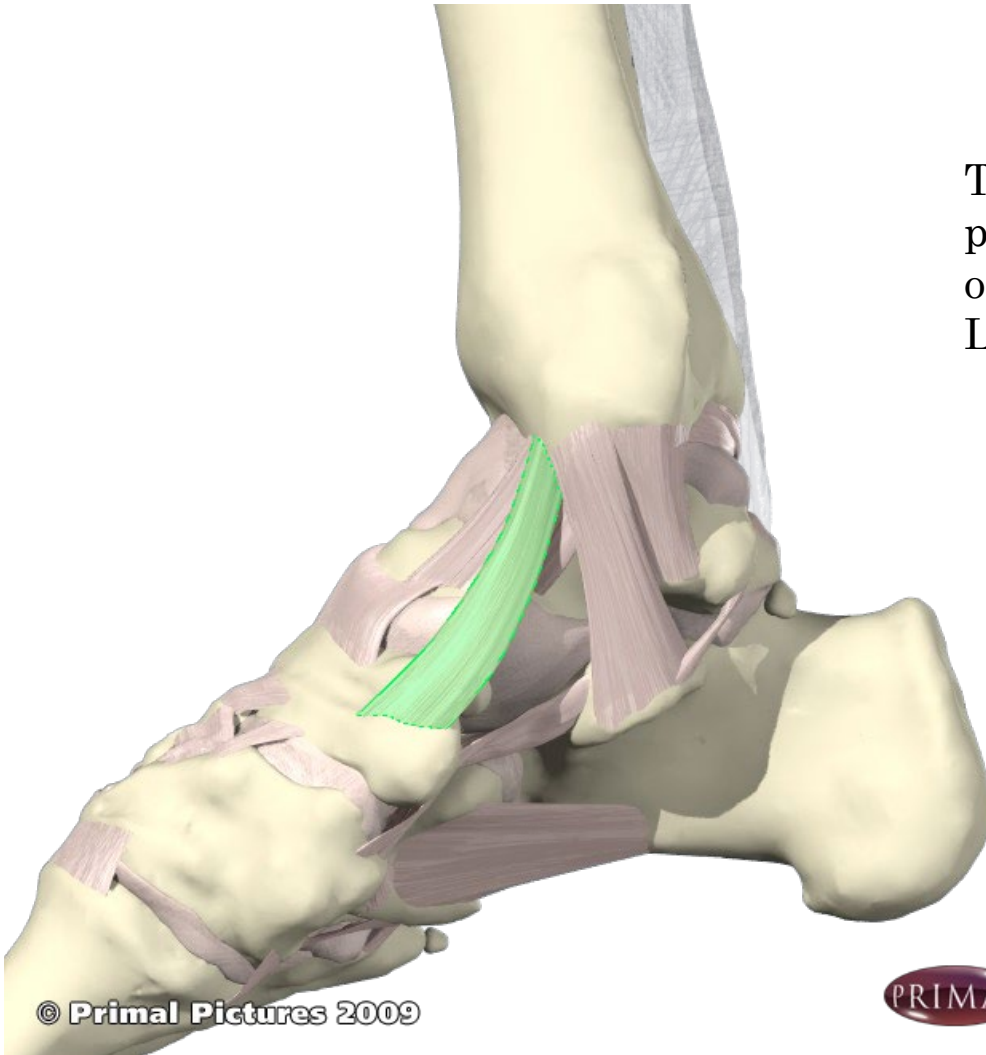


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Medial Ligaments

Tibionavicular
portion
of the Deltoid
Ligament



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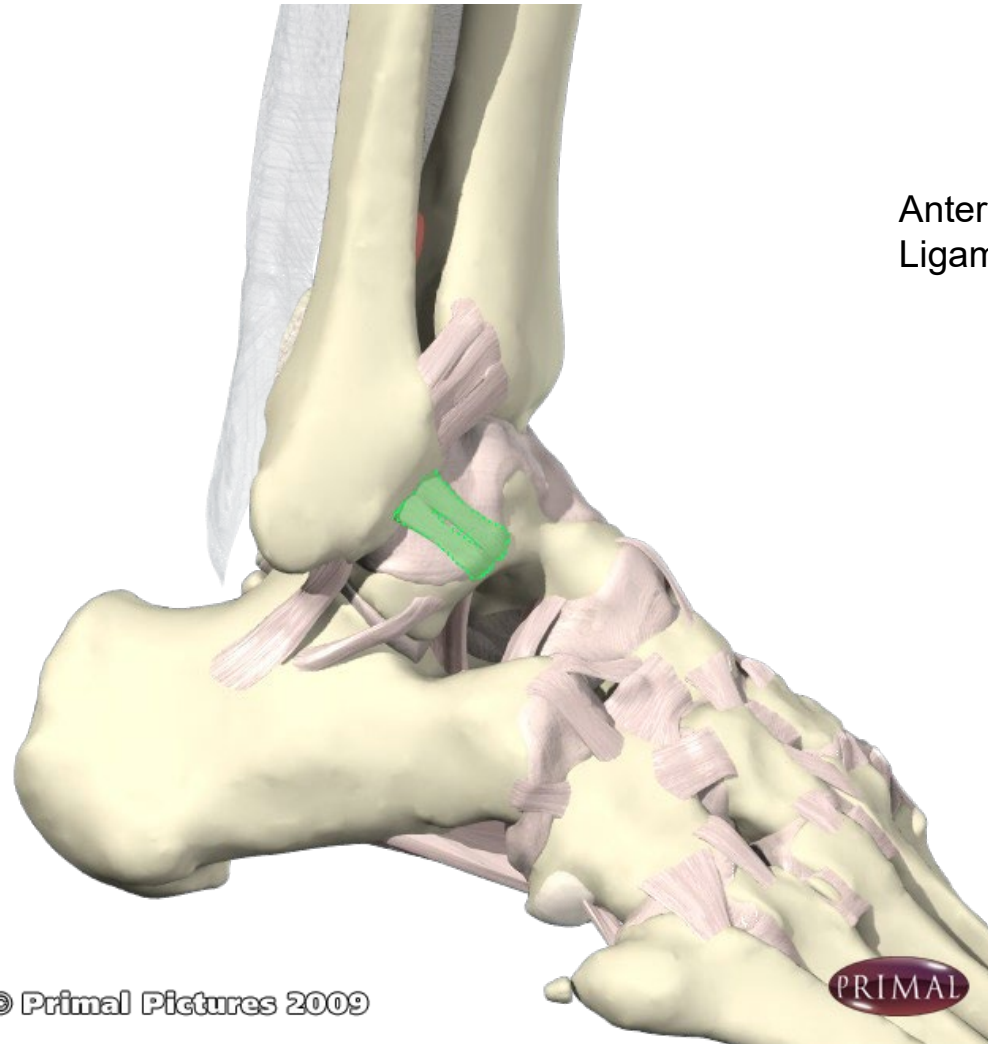


Medial Ligaments



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Lateral Ligaments



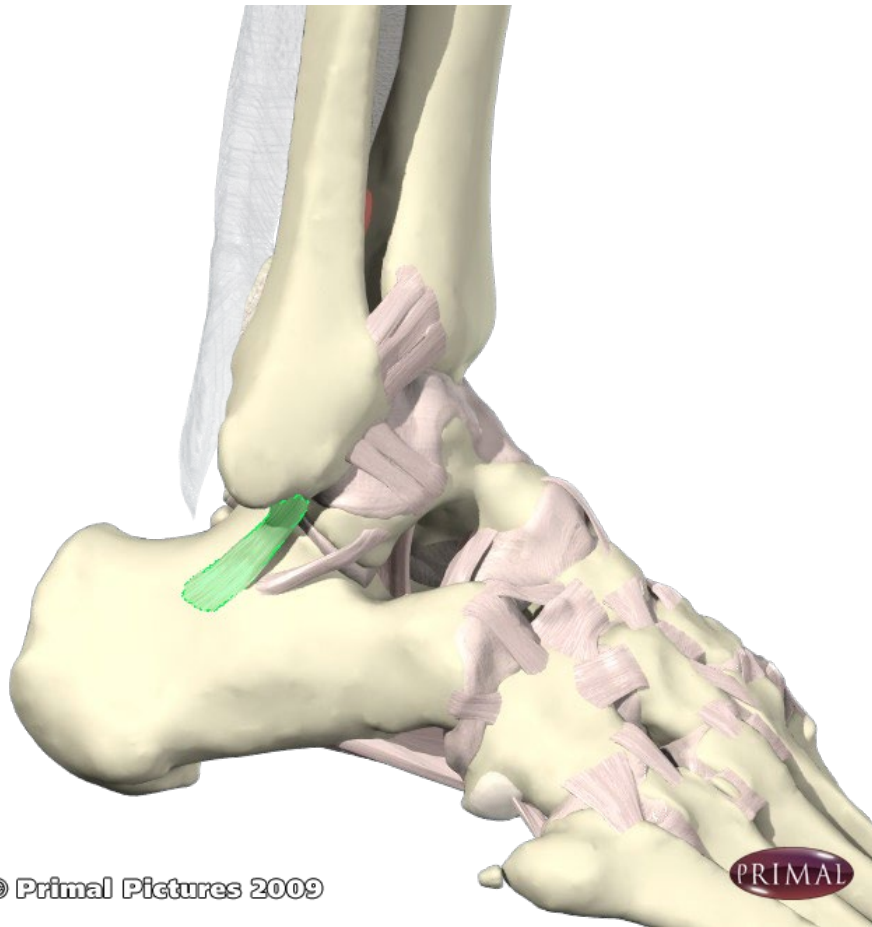
Anterior Talofibular
Ligament (ATFL)

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Lateral Ligaments

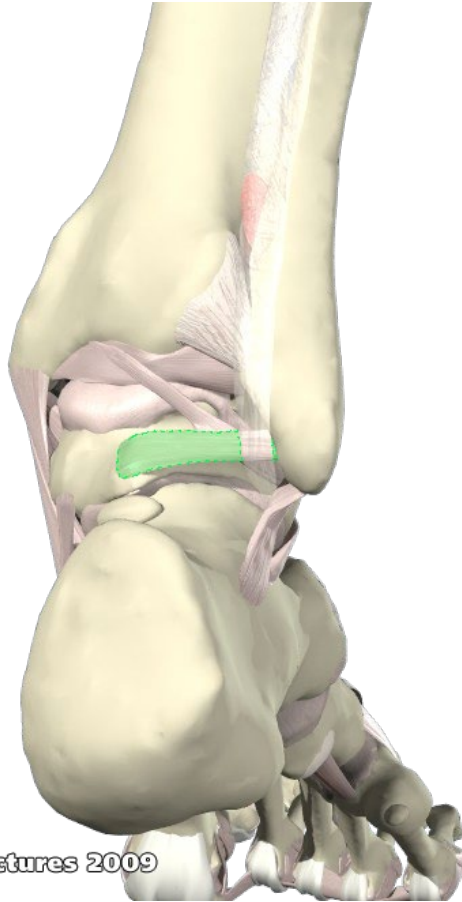
Calcaneofibular
Ligament (CFL)



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Lateral Ligaments



Posterior Talofibular
Ligament

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Syndesmosis Ligaments

- Anterior Tibiofibular Ligament
- Posterior Tibiofibular Ligament
- Interosseous Membrane



**Ankle
Syndesmosis
Injury**

