

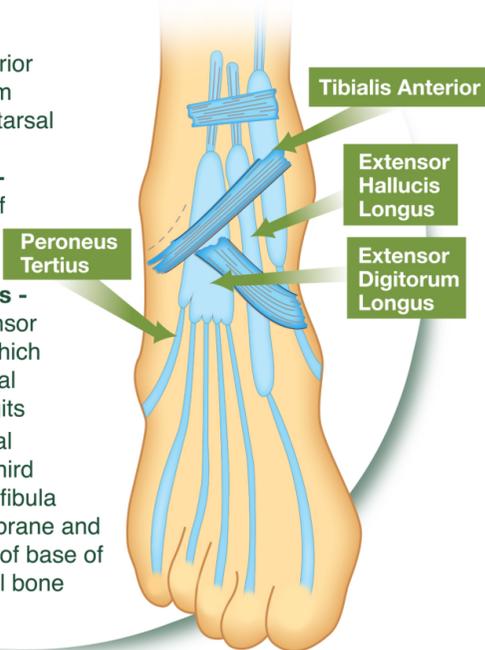
# THE SONOGRAPHER'S

## QUICK REFERENCE GUIDE

### ANTERIOR FOOT (RIGHT)

#### Anterior ankle

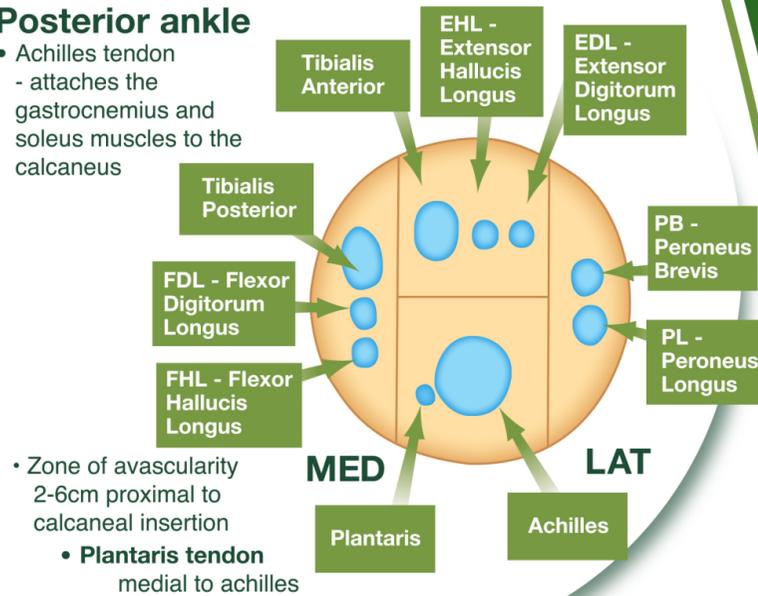
- **Tibialis anterior tendon** - inserts onto medial and inferior surfaces of medial cuneiform bone and base of first metatarsal bone
- **Extensor hallucis longus** - inserts onto dorsal aspect of distal phalanx of great toe (hallux)
- **Extensor digitorum longus** - divides into 2nd to 5th extensor digitorum longus tendons which inserts onto middle and distal phalanges of lateral four digits
- **Peroneus tertius** - proximal attachment is the inferior third of anterior surface of the fibula and interosseous membrane and inserts onto dorsum of base of 5th metatarsal bone



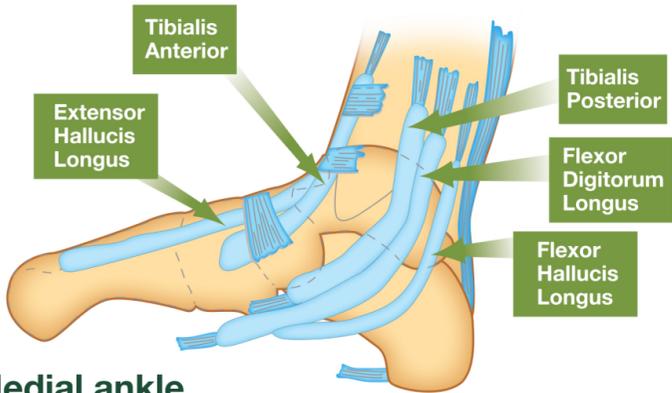
### CROSS SECTION OF RIGHT ANKLE TENDONS

#### Posterior ankle

- **Achilles tendon** - attaches the gastrocnemius and soleus muscles to the calcaneus



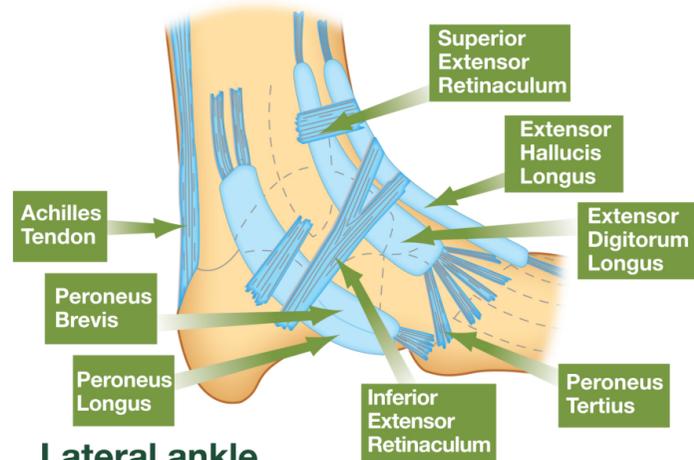
### MEDIAL VIEW TENDONS, SHEATHS & RETINACULUM



#### Medial ankle

- **Tibialis posterior** - inserts onto the tuberosity of the navicular, cuneiform, and cuboid bones and bases of the 2nd, 3rd and 4th metatarsal bones
- **Flexor digitorum longus** - divides at midfoot into 2nd to 5th flexor digitorum longus tendons and inserts onto the bases of the distal phalanges of the lateral 4 digits
- **Flexor hallucis longus** - inserts onto plantar aspect of distal phalanx of the great toe

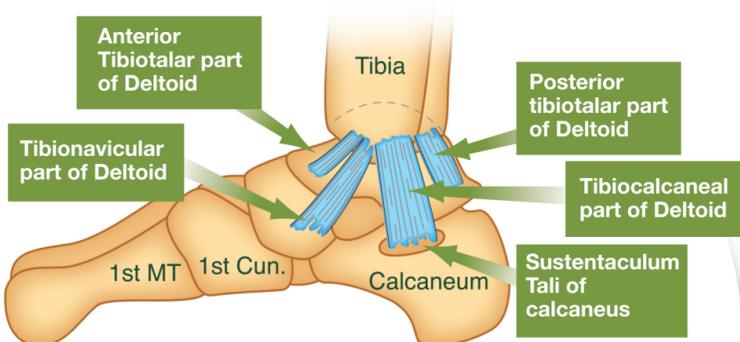
### LATERAL VIEW TENDONS, SHEATHS & RETINACULUM



#### Lateral ankle

- **Peroneus longus** - inserts onto base of 1st metatarsal bone and medial cuneiform
- **Peroneus brevis** - inserts onto the dorsal surface of the tuberosity of the lateral side of the base of the 5th metatarsal (has briefest course)

### MEDIAL VIEW MEDIAL LIGAMENT COMPLEX



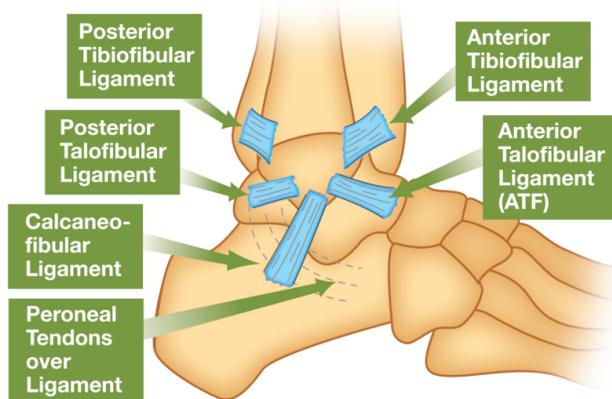
#### Medial ligament complex - Deltoid ligament

The deltoid ligament consists of 4 parts:

- posterior tibiotalar ligament
- tibiocalcaneal ligament
- tibionavicular ligament
- anterior tibiotalar ligament

The Spring ligament is the calcaneonavicular ligament and extends from the sustentaculum tali to the plantar surface of the navicular bone and supports the head of the talus

### LATERAL ANKLE LIGAMENT COMPLEX & INFERIOR TIBIOFIBULAR SYNDESMOSIS



#### Inferior tibiofibular syndesmosis

This is composed of the anterior and posterior tibiofibular ligaments together with the interosseous ligament

#### Lateral ligament complex

Comprised of 3 different ligaments:

- **Anterior talofibular ligament**
- **Calcaneofibular ligament** - crossed superficially by the peroneal tendons
- **Posterior talofibular ligament**