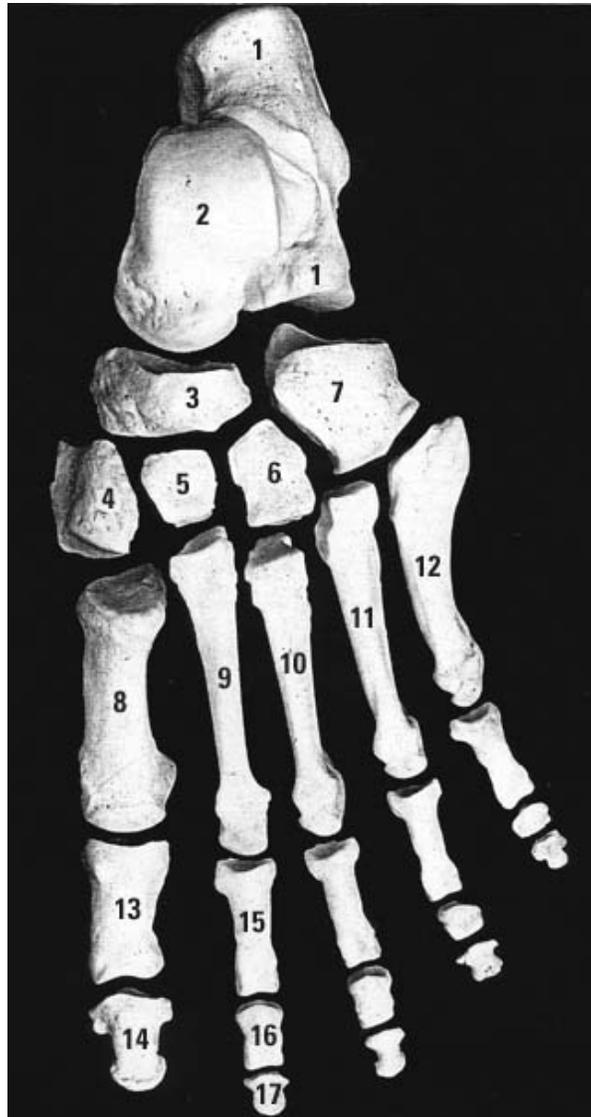


Foot Skeletal Structure



The disarticulated bones of the left foot, from above (The talus and calcaneus remain articulated)

- 1 Calcaneus
- 2 Talus
- 3 Navicular
- 4 Medial cuneiform
- 5 Intermediate cuneiform
- 6 Lateral cuneiform
- 7 Cuboid
- 8 First metatarsal
- 9 Second metatarsal
- 10 Third metatarsal
- 11 Fourth metatarsal
- 12 Fifth metatarsal
- 13 Proximal phalanx of great toe
- 14 Distal phalanx of great toe
- 15 Proximal phalanx of second toe
- 16 Middle phalanx of second toe
- 17 Distal phalanx of second toe

Bones of the tarsus, the back part of the foot

Talus

Calcaneus
Navicular bone
Cuboid bone
Medial, intermediate and lateral cuneiform bones

Bones of the metatarsus, the forepart of the foot

First to fifth metatarsal bones (numbered from the medial side)

Bones of the toes or digits

Phalanges -- a proximal and a distal phalanx for the great toe;
proximal, middle and distal phalanges for the second to fifth toes

Sesamoid bones

Two always present in the tendons of flexor hallucis brevis

Origin and meaning of some terms associated with the foot

Tibia: Latin for a flute or pipe; the shin bone has a fanciful resemblance to this wind instrument.

Fibula: Latin for a pin or skewer; the long thin bone of the leg. Adjective fibular or peroneal, which is from the Greek for pin.

Tarsus: Greek for a wicker frame; the basic framework for the back of the foot.

Metatarsus: Greek for beyond the tarsus; the forepart of the foot.

Talus (astragalus): Latin (Greek) for one of a set of dice; viewed from above the main part of the talus has a rather square appearance.

Calcaneus: from the Greek for heel; the heel bone.

Navicular (scaphoid): Latin (Greek) for boat-shaped; the navicular bone roughly resembles a saucer-shaped coracle.

Cuboid: Greek for cube-shaped.

Cuneiform: Latin for wedge-shaped.

Phalanx: Greek for a row of soldiers; a row of bones in the toes. Plural phalanges.

Sesamoid: Greek for shaped like a sesame seed.

Digitus: Latin for finger or toe. Digiti and digitorum are the genitive singular and genitive plural -- of the toe(s).

Hallux: Latin for the great toe. Hallucis is the genitive singular -- of the great toe.

Dorsum: Latin for back; the upper surface of the foot. Adjective dorsal.

Plantar: adjective from planta, Latin for the sole of the foot.



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