

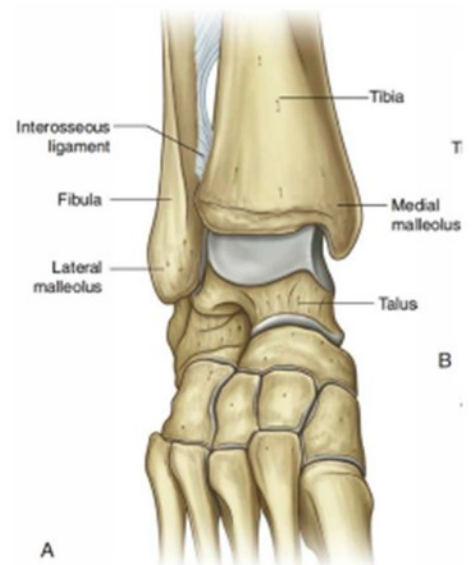
ANKLE

- The **ankle joint** (or talocrural) is a **hinge joint** involving articulations between:
 - The distal end of the tibia and its medial malleolus with the **talus**
 - The lateral malleolus of the **fibula** with the **talus**

SUPPORTING STRUCTURES

The **ankle joint** is stabilised by the medial (deltoid) and lateral ligaments

MEDIAL (DELTOID) LIGAMENT	Attached to the medial malleolus. It consists of four separate parts . It resists over-eversion of the foot
LATERAL LIGAMENT	Attached to the lateral malleolus. It resists over-inversion of the foot . It is comprised of three distinct and separate ligaments
ANTERIOR TALOFIBULAR SPANS	Spans between the lateral malleolus and lateral aspect of the talus
POSTERIOR TALOFIBULAR SPANS	Between the lateral malleolus and the posterior aspect of the talus
CALCANEOFIBULAR SPANS	Between the lateral malleolus and the calcaneus



There are two **main movements** that the **ankle joint** permits:

- PLANTARFLEXION:** Muscles in the **posterior compartment** of the **leg**

- GASTROCNEMIUS
- SOLEUS
- PLANTARIS
- TIBIALIS POSTERIOR

- DORSIFLEXION:** Muscles in the **anterior compartment** of the **leg**

- TIBIALIS ANTERIOR
- EXTENSOR HALUCIS LONGUS
- EXTENSOR DIGITORUM LONGUS



PLANTARFLEXION and **DORSIFLEXION** are the only movements that occur at the ankle joint.

- Eversion** and **inversion** are produced at the **tarsal joints** below.

