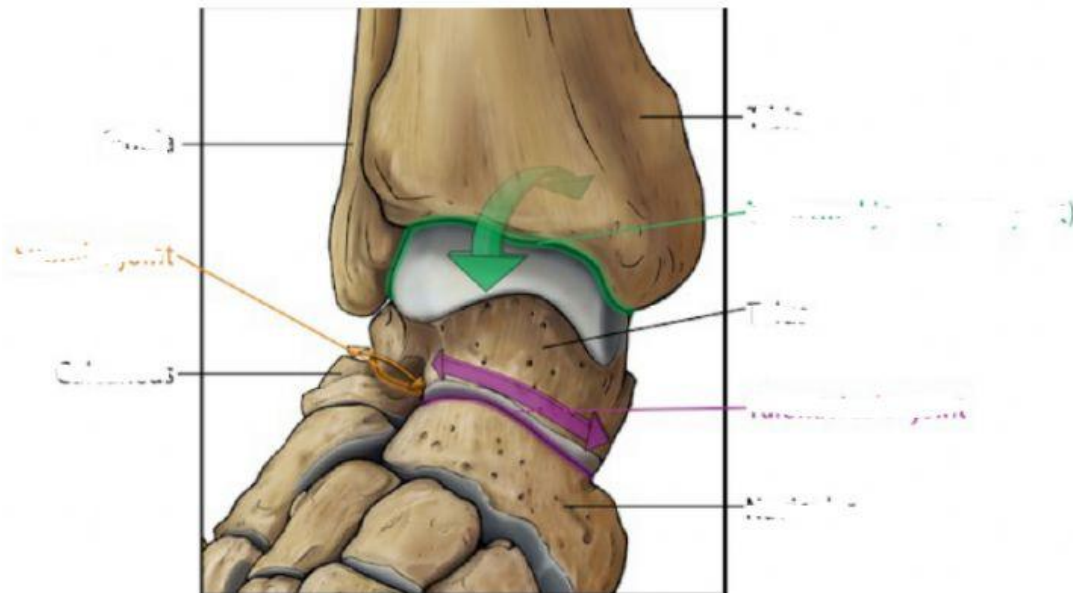


What articulation is the ankle joint composed of?

Which two bones are involved in the Talo-navicular joint? '

Which two bones are involved in the Talo-crural joint?

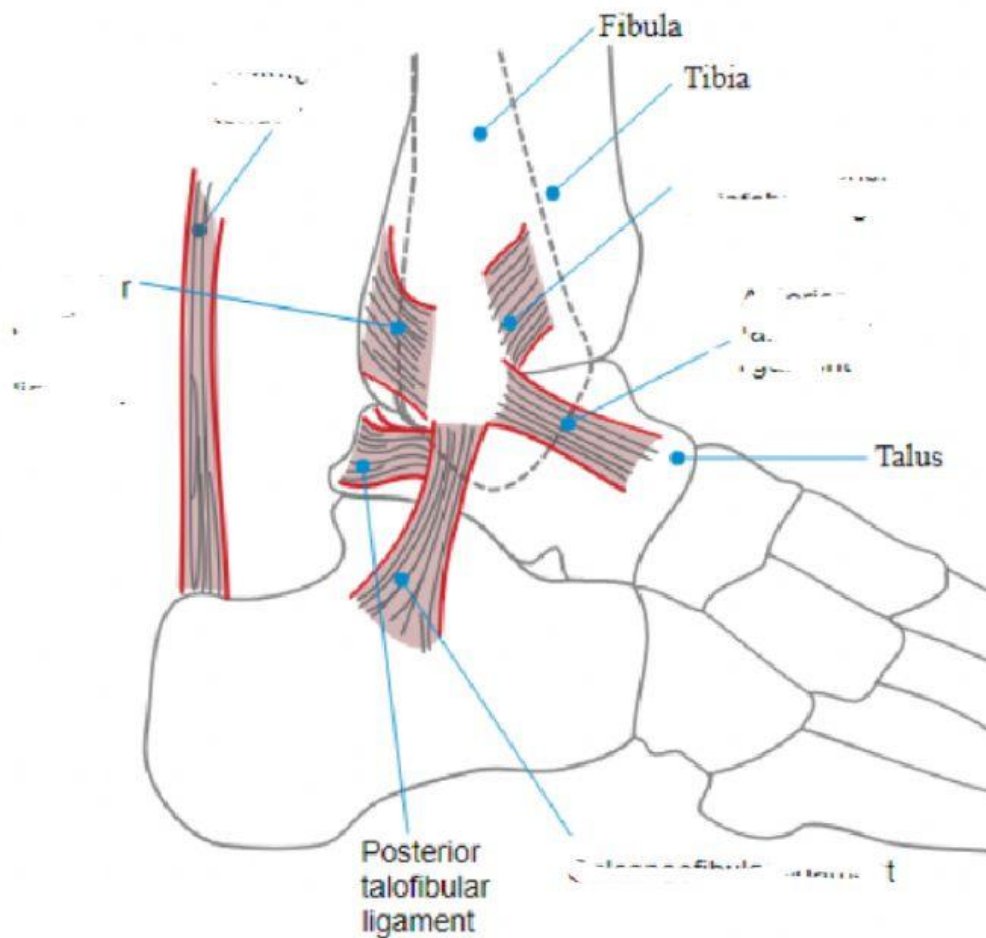
Which two bones are involved in the sub-talar joint? '



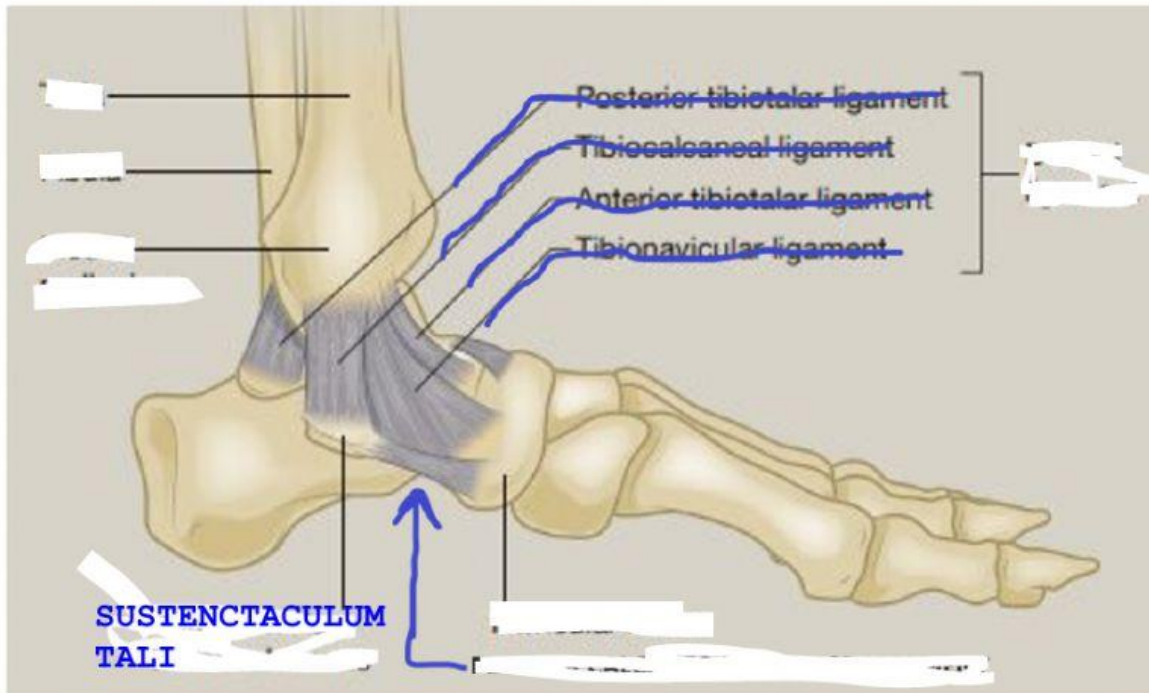
STUDY THE ARROWS IN THE DIAGRAM. There is a green arrow, a purple arrow, and a orange arrow.

- a. Which movements does the talocrural joint allow?
 - i. medial/lateral/coronal/lateral flexion
 - ii. Flexion/extension/anterior/posterior/sagittal
- b. What movements does the sub-talar joint allow.....https://www.youtube.com/watch?v=0R4zRSE_-40

Which two ligaments contribute to stabilization of the lateral ankle?



Which ligaments contribute to medial stabilization of the ankle?



The **spring (plantar calcaneonavicular) ligament complex** is a group of ligaments that connect the calcaneum and navicular and support the talus.

These ligaments act as the primary static stabilizers of the medial arch of the foot and, together with the posterior tibialis tendon (primary dynamic stabilizer), help support normal hindfoot relations. Failure of these stabilizers leads to pes planus (pes planovalgus) ².

18. The diagram above shows the Plantar Calcaneo Navicular Ligament. This ligament is also known as the “Spring Ligament”
 - a. The ligament complex are stabilizers of what?
 - b. Failures of the spring ligament and failure of stabilization by the posterior tibialis tendon lead to what kind of foot arch?