

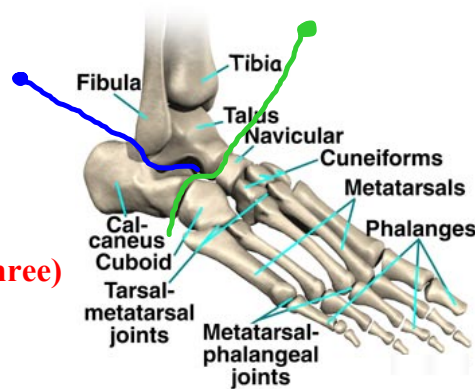
Foot

tarsals (7 bones)

- talus**
- calcaneus**
- cuboid**
- navicular**
- cuneiforms (one, two and three)**

metatarsals (5 bones)

phalanges (14 bones)



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and features...

joint type (hinge) permitting flexion and extension at the ankle only

subtalar joint

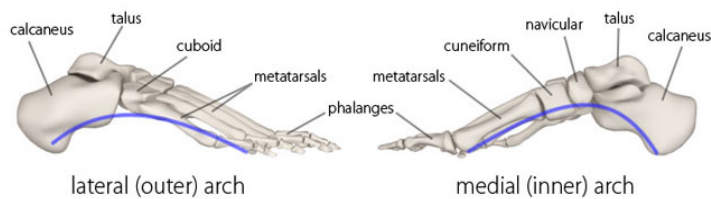
transverse tarsal joint (inversion and eversion ankle motion occurs at the subtalar and transverse tarsal joints)

bony joint structure forms arches

medial longitudinal arch (inner front to back)

lateral longitudinal arch (outer front to back)

transverse arch (side to side)



Attachments

ANATOMY - Skull Bones.mp4