

## Parts of a Foot



Your foot is made up of soft tissue and bones that work together to form a healthy, functioning, and pain-free foot.



- Muscles contract and relax to move the foot.
- Tendons are tough fibers that connect muscles to bones.
- Ligaments are fibrous strands that connect bones.
- Nerves travel throughout the foot, providing feeling.
- Nails protect the tips of the toes.
- Phalanges are the toe bones.
- Metatarsals are the bones between the toes and the ankle bones.
- Tarsals are bones of the rear foot (hindfoot) or middle foot (midfoot).
- The talus is one of the ankle bones.
- The calcaneus is the heel bone.
- The arch is formed by bones and held in place with ligaments.
- Joints are the meeting points between two bones. They are lined with cartilage. Cartilage is smooth tissue that allows joints to move easily.
- The plantar fascia is a sheet of fibrous tissue that supports the arch and encloses muscles there.

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