

# Anatomy of the Human Foot

An Overview

# Bones of the Foot

- The human foot consists of 26 bones, categorized into three groups:
- 1. Tarsal Bones (7): Talus, Calcaneus, Navicular, Medial Cuneiform, Intermediate Cuneiform, Lateral Cuneiform, Cuboid.
- 2. Metatarsal Bones (5): Numbered from 1 to 5 starting from the medial (big toe) side.
- 3. Phalanges (14): Each toe has 3 phalanges (proximal, middle, distal), except for the big toe which has 2.

# Muscles and Tendons

- The foot muscles are categorized into two groups:
- 1. Extrinsic Muscles: These originate from the lower leg and attach to the foot.
  - - Major tendons: Achilles tendon, Tibialis anterior, Tibialis posterior.
- 2. Intrinsic Muscles: These are located within the foot and are responsible for fine movements.
  - - Important muscles: Flexor digitorum brevis, Abductor hallucis, Abductor digiti minimi.