

LEVEL ONE

ANKLE ANATOMY AND MOTIONS

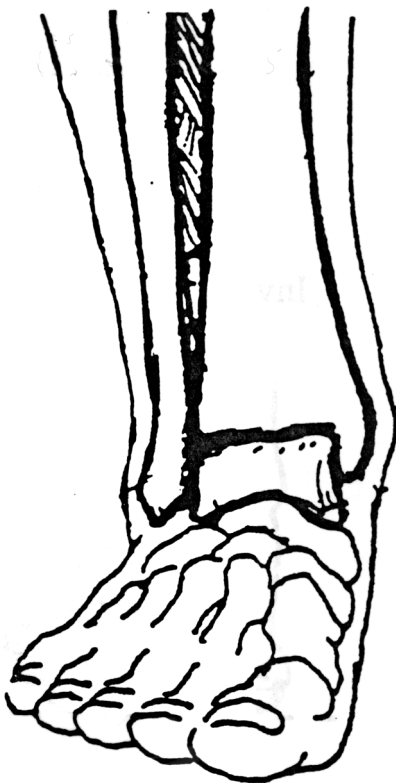
Bones of the Ankle

(The Anatomy Coloring Book, p. 31)

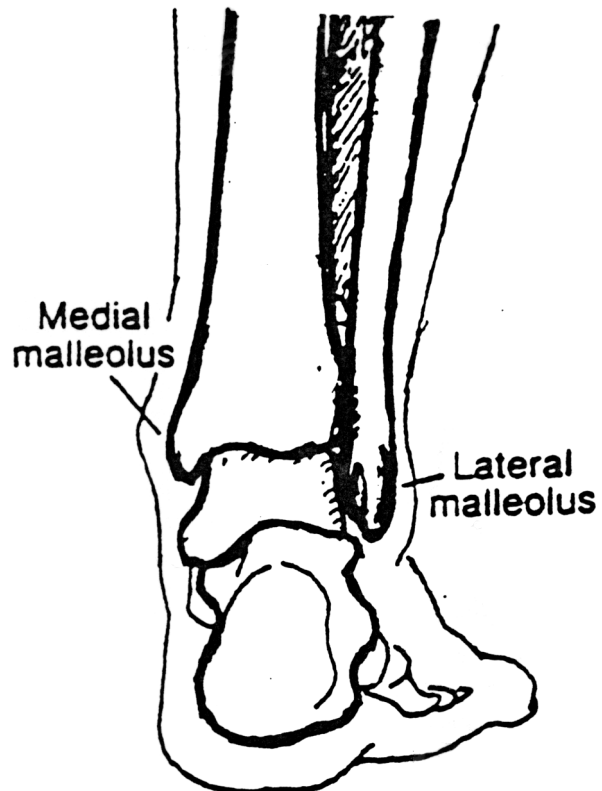
Identify each of the four bones listed on the chart below by neatly labeling the drawing. Then color the drawing of the ankle as indicated in the chart.

<u>BONES</u>	<u>COLORS</u>
Tibia	Black
Fibula	Blue
Talus	Green
Calcaneus	Red

Anterior View



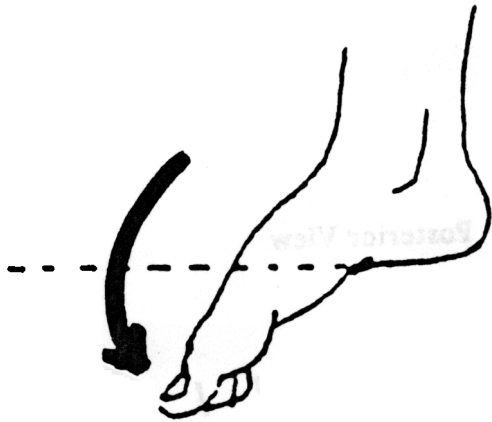
Posterior View



Movements of the Ankle

(The Anatomy Coloring Book, p. 31)

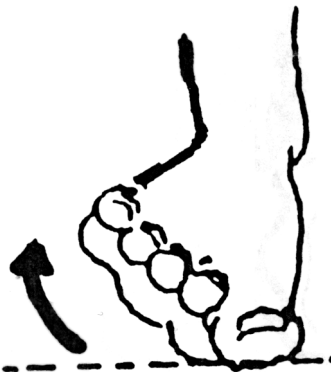
Plantarflexion (Extension)



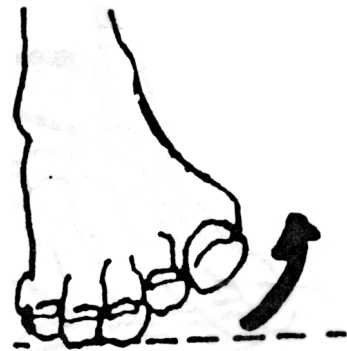
Dorsiflexion (Flexion)



Eversion



Inversion



Important Facts about the Ankle Joint

- The arrangement of bones and ligament in the ankle make it structurally strong.
- The TIBIA is the weight bearing bone of the lower leg.
All the weight of the body rests on this bone when stepping or leaning on the feet.
- The TALUS lies directly under the tibia.
- The weight of the body is transmitted directly through the talus.
- The FIBULA extends past the talus on the lateral side.
- The fibula bears no weight.
The fibula is an important attachment/leverage point for muscles and ligaments.
When torn or stretched, ligaments do not heal.

Ankle Ligaments

(The Anatomy Coloring Book, p.31)

Find the ligaments groups on the drawings below.
Color the ligaments of the ankle as indicated in the chart.

LIGAMENTS	COLORS
Lateral	Black
Medial	Red

