

LOWER LIMB 3

You are supposed to learn about:

1. Bones, joints, ligaments, superficial and functional anatomy of the foot
2. Surface anatomy of the foot
3. Fasciae, veins, lymphatics, efferent vessels and cutaneous nerves of the foot
4. Organization of the foot
5. Superior and inferior extensors retinacula, flexors retinaculum, superior and inferior fibular retinacula; medial malleolar canal
6. Muscular compartments of the foot
7. Muscles of the foot: abductor hallucis, flexor digitorum brevis, abductor digiti minimi, quadratus plantae, limbricals, flexor hallucis brevis, adductor hallucis, flexor digiti minimi brevis, plantar interossei, dorsal interossei): attachments, innervation, actions
8. Arteries of the dorsum and the sole of the foot: course, topography, branches, area of supply
9. Superficial and deep veins of the foot: course, topography, tributaries, area of drainage
10. Nerves supplying muscles of the foot: course, topography, branches, signs of palsy, entrapment sites

Always read the relevant clinical blue boxes to have an idea about clinical significance of structures you learn about. Attend the lectures for more clinical anatomy and supplementary anatomical data.

In the dissection room, you are supposed to recognize:

1. Bones, joints, ligaments of the foot (repetition)
2. Surface anatomy of the foot
3. Fasciae and muscular compartments of the foot
4. Plantar aponeurosis
5. Cutaneous nerves of the foot
6. Superior and inferior extensors retinacula, flexors retinaculum, superior and inferior fibular retinacula; medial malleolar canal
7. Muscular compartments of the foot
8. Muscles of the foot: abductor hallucis, flexor digitorum brevis, abductor digiti minimi, quadratus plantae, limbricals, flexor hallucis brevis, adductor hallucis, flexor digiti minimi brevis, plantar interossei, dorsal interossei)
9. Arteries of the dorsum and the sole of the foot
10. Superficial and deep veins of the foot
11. Nerves supplying muscles of the foot

Always investigate the topography of structures and look at variations present in various specimens!