

Spring (plantar calcaneo-navicular)
 Thick, strong, non-elastic, from sustenaculum tali to navicular.
 Upper surface articulates with head of talus.

#### **DELTOID/MEDIAL COLLATERAL**

- 1. Tibiotalar (posterior)
- 2. Tibiosustenacular
- 3. Tibio-spring ligament
- 4. Tibionavicular

## LIGAMENTS OF MEDIAL SIDE OF RIGHT ANKLE

**Joints** 

Intertarsal
Ankle

#### INFERIOR TIBIOFIBULAR LIGAMENT

1. Anterior tibiofibular

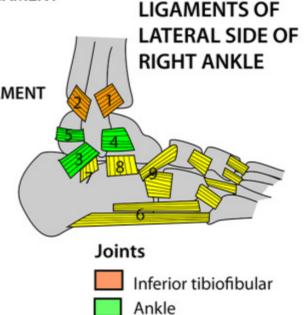
2. Posterior tibiofibular

#### LATERAL COLLATERAL LIGAMENT

- 3. Calcaneofibular
- 4. Anterior talofibular
- Posterior talofibular

# TARSAL/METATARSAL LIGAMENTS

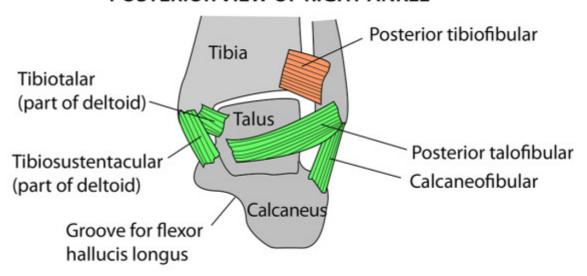
- 6. Short/long plantar
- 7. Lateral talocalcaneal
- 8. Cervical
- 9. Bifurcate



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Intertarsal

#### POSTERIOR VIEW OF RIGHT ANKLE



Because the fibula sticks out more laterally from the ankle joint than the tibia, the 3 parts of the lateral ligament are less strong and are easily torn in an inversion injury

Joints
Inferior tibiofibular
Ankle

### **INVERSION INJURIES OF ANKLE**

