

# Ankle

## Talocrural Joint - Ankle Joint (Uniaxial - Plantar / Dorsi Flexion)

### Subtalar Joint - (Inversion, Eversion, Supination, Pronation)

#### Plantar Flexion

Muscle	Origin	Insertion	Nerve	Action
Triceps Surae: gastrocnemius	Lat and Med Condyle of Femur	Calcaneus by achilles tendon	Tibial	Flex (Knee) Plantar Flex (Foot@Ankle)
soleus	Upper Posterior Surf. Tibia + Fib	Calcaneus by achilles tendon	Tibial	Plantar Flex (Foot@Ankle)
plantaris	Femur Superior to Lat Condyle	Calcaneus by achilles tendon	Tibial	Flex (Knee) Plantar Flex (Foot@Ankle)
Tribialis Posterior	Post Surface Tibia + Fib	Tarsals	Tibial	Invert Plantar Flex (Foot@Ankle)
Flexor Digitorum Longus	Med Posterior Tibia	Distal Phalanges 3 - 5	Tibial	Flexes Lat. 4 Toes Invert Plantar Flex (Foot@Ankle)
Flexor Hallucis Longus	2/3 Posterior Fibula	Distal phalanx of great toe	Tibial	Flexes great toe Plantar Flex (Foot@Ankle) Invert

#### Dorsiflexion

Muscle	Origin	Insertion	Nerve	Action
Tibialis Anterior	Upper half lat ant surf of tibia	Med cuneiform base 1 met tar.	Deep Peroneal	Dorsiflex
Extensor Digitorum Longus	Ant. Surf of Fib + Lat. Condyle Tib	4 Lat Phalanges	Fibular	Dorsiflex Evert
Extensor Hallucis Longus	Ant. Surf of Fib	Great Toe	Fibular	Dorsiflex Invert
Peroneus Tertius				