

Arch of the foot

The arch of the foot is maintained by the mutual ratio of the medial and lateral column of the foot bones, the tension of the muscles and ligaments of the foot and lower leg. We distinguish between transverse and longitudinal arch of the foot.

The transverse arch of the foot is given by the arching of the ossa cuneiformia, it is maintained by:

- interosseous ligaments:
 - ligg. intercuneiformia interossea,
 - league cuneonaviculare plantare,
 - league tarsometatarsa plantaria,
- m. fibularis longus (formerly m. peronaeus longus - it attaches to the os cuneiforme mediale and the base of the 1st metatarsal externally) - previously also mentioned m. tibialis anterior,
- m. adductor hallucis .

The longitudinal arch of the foot , the apex of which is the talus, is maintained by:

- interosseous ligaments, lig. plantare longum,
- plantar aponeurosis,
- m. tibialis anterior (attachment to the os cuneiforme mediale and the base of the 1st metatarsal inside),
- m. tibialis posterior (attachment to os naviculare, ossa cuneiformia),
- m. flexor hallucis longus , m. flexor digitorum longus .



Leg skeleton, medial side view.



Leg skeleton, lateral view.

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Source

- PASTOR, Jan. *Langenbeck's medical web page* [online]. [cit. 7. 4. 2009]. <<https://langenbeck.webs.com/>>.