LOWER LIMB.

SURFACE ANATOMY.-No. 5.

OUTER SIDE OF FOOT AND ANKLE.

1. Bony points.—On the outer side of the foot, the base of the fifth metatarsal bone (2) projects below the skin. Immediately behind it lies the cuboid bone, and behind that again is the anterior end of the os calcis.

Upon the outer surface of the os calcis the peroneal tubercle (3) can usually be detected, and it is a guide to the peroneal tendons, the peroneus longus lying in a groove below it, and the peroneus brevis above it.

The external malleolus (1) forms a well-marked prominence, and descends for some distance below the level of the ankle-joint. It is lower than the internal malleolus, and lies on a more posterior plane.

2. Muscles and Tendons.—The extensor brevis digitorum (4) forms a rounded soft elevation on the outer side of the foot, covering the front of the os calcis.

Behind it, the finger can be passed into a depression, the sinus tarsi, between the os calcis and the astragalus.

The tendons of the tibialis anticus (5) and of the extensor longus digitorum (6) form well-marked projections in the front of the foot, and can be traced to their respective insertions.

The figures indicate—

- 1. External malleolus.
- 2. Base of fifth metatarsal.
- 3. Peroneal tubercle.

- 4. Extensor brevis digitorum.
- 5 Tibialis anticus.
- 6. Extensor longus digitorum.





ECTION THE NOITO