

LOWER LEG ANATOMY CHART

Ligaments & Tendons Reference Guide

[Posterior & Lateral View Illustration]

[Anterior & Medial View Illustration]

Primary Tendons

- **Achilles Tendon** Gastrocnemius to Calcaneus
- **Tibialis Anterior** Dorsiflexion of Foot
- **Peroneus Longus** Lateral Fibula to Eversion
- **Extensor Digitorum** Toe Extension Control

Ankle Ligaments

- **ATFL** Ant. Talofibular Ligament
- **CFL** Calcaneofibular Ligament
- **PTFL** Post. Talofibular Ligament
- **Deltoid Ligament** Medial Support Group

Clinical Notes

Check for Point Tenderness, Swelling, and Range of Motion. Lateral sprains typically involve the ATFL.

Professional Educational Template • For Anatomical Reference Only