Tibia, fibula & interosseous membrane

INTEROSSEOUS MEMBRANES

Forces from the hand and foot are transmitted respectively to the radius and tibia. In order to share the impact of the force the interosseous membranes have fibres arranged so that the ulna and the fibula can share the strain easily and immediately.
“SIDING” A FIBULA

HEAD
- Bulbous
- Facet on superior surface

LOWER END
- Arrow shaped
- Lateral malleolus
- Facet medial
- Pit is posterior

TO “SIDE” A FIBULA
Hold the lower end of the fibula with the pulp of your thumb sitting comfortably in the pit. If it fits easily then the fibula is the same side as your hand. In this case it is a right fibula.
If it is not a comfortable fit then it belongs to the opposite side.

TIBIA RELATIONS

- Iliotibial tract
- Lateral collateral ligament
- Biceps
- Common fibular nerve
- Anterior tibial artery

Medial/lateral patellar retinacula

- Epiphyseal line
- Semimembranosus
- Medial collateral ligament
- Sartorius
- Gracilis
- Semitendinosus
- Ligamentum patellae

* = Deep infrapatellar bursa

Order of structures across anterior ankle from medial to lateral:
A = Tibialis anterior
B = Extensor hallucis longus
C = Anterior tibial artery & vein
D = Deep fibular nerve
E = Extensor digitorum longus
F = Fibularis tertius

Mnemonic: Timothy Has A Very Nasty Diseased foot

Calcaneofibular ligament

Deltoid ligament