Ligaments & tendons at ankle

**DELTOID/MEDIAL COLLATERAL**
1. Tibiotalar (posterior)
2. Tibiosustenacular
3. Tibio-spring ligament
4. Tibionavicular

**LIGAMENTS OF MEDIAL SIDE OF RIGHT ANKLE**

**INTERTARSAL**
5. Talonavicular
6. Spring (plantar calcaneo-navicular)
   Thick, strong, non-elastic, from sustenaculum talii to navicular.
   Upper surface articulates with head of talus.

**INFERIOR TIBIOFIBULAR LIGAMENT**
1. Anterior tibiofibular
2. Posterior tibiofibular

**LATERAL COLLATERAL LIGAMENT**
3. Calcaneofibular
4. Anterior talofibular
5. Posterior talofibular

**TARSAL/METATARSAL LIGAMENTS**
6. Short/long plantar
7. Lateral talocalcaneal
8. Cervical
9. Bifurcate

**LIGAMENTS OF LATERAL SIDE OF RIGHT ANKLE**

- Joints
  - Yellow: Intertarsal
  - Green: Ankle

- Joints
  - Orange: Inferior tibiofibular
  - Green: Ankle
  - Yellow: Intertarsal
Because the fibula sticks out more laterally from the ankle joint than the tibia, the 3 parts of the lateral ligament are less strong and are easily torn in an inversion injury.

INVERSION INJURIES OF ANKLE

A
Sprain or tear of calcaneofibular ligament

B
Avulsion of lateral malleolus

C
Avulsion of lateral malleolus & “push” fracture of medial malleolus