The talocalcaneonavicular joint and the arches of the foot

**TALOCALCANEONAVICULAR**
(effectively a ball and socket joint)
Made up of 2 parts

1. Between talus & calcaneus (2 joints)
   - Talocalcaneal (2 facets)
   - + Talocalcanean joint (1 facet)

2. Between talus & navicular (Single joint)
   - Talonavicular

**SUBTALAR** (3 facets)
Talocalcanean (posterior & separate, 1 facet)
   + Talocalcaneal part of talocalcaneonavicular (2 facets)

**MIDTARSAL** (2 facets)
- Calcaneocuboid
  + Talonavicular part of the talocalcaneonavicular joint and the arches of the foot
TALOCALCANEONAVICULAR JOINT

INFERIOR

Head of talus
Spring ligament
Calcaneus
Cuboid
Navicular
Cuneiforms

SUPERIOR

Fits in here
Tarsal sinus
Calcaneus
Cuboid
Navicular
Cuneiforms

MIDTARSAL JOINT

ARCHES OF THE FOOT

Medial longitudinal arch

Talus (keystone)
Calcaneus
Navicular
Cuneiforms

1-3 metatarsals

Lateral longitudinal arch

Calcaneus
Cuboid

4 & 5 metatarsals

Transverse arch

Bones as shown
+ Spring ligament
+ Short & long plantar ligaments
+ Plantar fascia
+ Tibialis anterior & posterior
+ Flexor hallucis longus
+ Fibularis longus

Bones as shown
+ Short/long plantar ligaments
+ Short plantar muscles
+ Fibularis longus & brevis
+ Plantar fascia

(includes Navicular)
+ Fibularis longus

Cuneiforms (wedge shaped)

Cuboid