

careful not to injure the articular capsule, especially its anterior portion. Examine the

Articular capsule

Deltoid ligament (Internal lateral ligament)

Anterior talo-fibular ligament

Posterior talo-fibular ligament

Calcaneo-fibular ligament.

Make horizontal incisions through the anterior and posterior portions of the articular capsule and examine the synovial cavity. Note its extension upwards between the lower ends of the tibia and fibula.

THE TRANSVERSE TARSAL JOINT.

Clean away the soft parts from the dorsum of the foot and separate the foot from the tibia and fibula.

Clean away the soft parts from the plantar region, cutting the tendons of the tibialis posterior and peroneus longus so as to leave their plantar portions in place. Examine the

Long plantar ligament.

Detach the long plantar ligament from its attachment to the calcaneus and reflect it, exposing the

Plantar calcaneo-cuboid (Short plantar) ligament.

Examine the *transverse tarsal joint* (Chopart's articulation), consisting of the talo-calcaneo-navicular and the calcaneo-cuboid articulations. Divide the dorsal ligaments extending between the talus and calcaneus and examine the talo-calcaneal articulation.

Articular capsule

Interosseous ligament.

Examine the calcaneo-cuboid articulation

Dorsal (Lateral) calcaneo-cuboid ligament

Bifurcate ligament (Dorsal calcaneo-cuboid and calcaneo-scapoid ligaments).

Divide the dorsal cuneo-navicular ligaments and those extending between the cuneiform bones and between the third cuneiform and the cuboid. Examine the *intercuneiform* and the *cuneo-cuboid interosseous ligaments* and the synovial cavity.