

**Muscles of the upper and lower extremity**

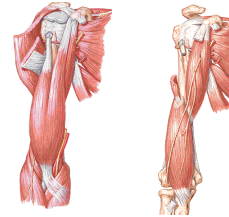
**Musculi brachii**

**Ventral group**

- Musculus biceps brachii
- Musculus coracobrachialis
- Musculus brachialis

**Dorsal group**

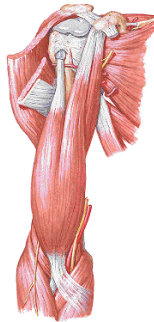
- Musculus triceps brachii
- Musculus anconeus



**Ventral group**

**Musculus biceps brachii**

- o:** caput longum – tuberculum supraglenoidale  
caput breve – processus coracoideus scapulae
- i:** tuberositas radii, aponeurosis bicipitalis
- f:** flexion and supination in elbow joint  
adduction and ventral flexion in shoulder joint
- i:** n. musculocutaneus



**Musculus coracobrachialis**

- o:** processus coracoideus scapulae
- i:** medial side of the humerus
- f:** adduction and ventral flexion
- i:** n. musculocutaneus
- Musculus brachialis**
- o:** ventral side of the humerus (distal half)
- i:** tuberositas ulnae
- f:** flexion in elbow
- i:** n. musculocutaneus
- Flexion in pronation – m. brachialis**
- Flexion in supination – m. brachialis + m. biceps brachii.**



**Musculus triceps brachii**

- o:** caput longum – tuberculum infraglenoidale
- caput mediale – proximal to sulcus n. radialis humeri
- caput laterale – distal to sulcus n. radialis humeri
- i:** olecranon ulnae
- f:** adduction and extension of the arm, extension of the forearm
- i:** n. radialis
- Musculus anconeus**
- o:** epicondylus lateralis humeri
- i:** olecranon ulnae
- f:** extension of the forearm
- i:** n. radialis



**Musculi antebrachii**

**Ventral group – superficial layer**

- Musculus pronator teres
- Musculus flexor carpi radialis
- Musculus palmaris longus
- Musculus flexor carpi ulnaris

**Ventral group – middle layer**

- Musculus flexor digitorum superficialis

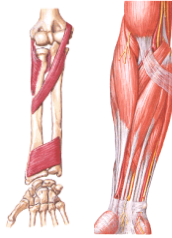
**Ventral group – deep layer**

- Musculus flexor digitorum profundus
- Musculus flexor pollicis longus
- Musculus pronator quadratus



**Musculus pronator teres**

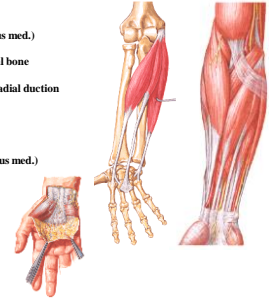
- o: caput commune (epicondylus med.)
- caput ulnare – processus coronoidis ulnae
- i: middle of the radius, lateral side
- f: flexion and pronation of the forearm
- i: n. medianus

**Musculus flexor carpi radialis**

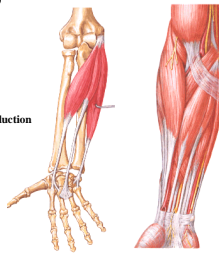
- o: caput commune (epicondylus med.)
- i: base 2nd and 3rd metacarpal bone
- f: flexion forearm and hand, radial duction
- i: n. medianus

**Musculus palmaris longus**

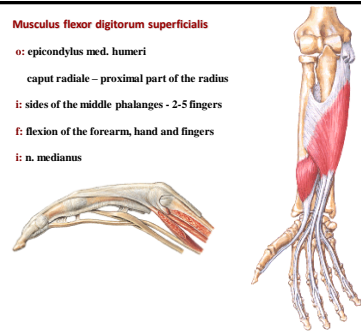
- o: caput commune (epicondylus med.)
- i: aponeurosis palmaris
- f: flexion - wrist and elbow
- i: n. medianus

**Musculus flexor carpi ulnaris**

- o: caput commune (epicondylus med.)
- caput ulnare – olecranon ulnae
- i: os pisiforme
- (lig. pisohamatum and lig. pisometacarpium)
- f: flexion – forearm and hand, ulnar duction
- i: n. ulnaris

**Musculus flexor digitorum superficialis**

- o: epicondylus med. humeri
- caput radiale – proximal part of the radius
- i: sides of the middle phalanges - 2-5 fingers
- f: flexion of the forearm, hand and fingers
- i: n. medianus

**Musculus flexor digitorum profundus**

- o: ventral side of the ulna, membrana interossea antibrachii
- i: sides of distal phalanges - 2.-5. fingers
- f: flexion – hand and fingers
- i: 2nd and 3rd finger - n. medianus, 4th, 5th – n. ulnaris

**Musculus flexor pollicis longus**

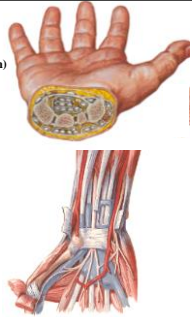
- o: ventral side of the radius, membrana interossea antibrachii
- i: distal phalanx of the thumb
- f: flexion hand and thumb
- i: n. medianus

**Musculus pronator quadratus**

- o: distal part of ventral side of ulna
- i: distal part of ventral side of radius
- f: pronation of forearm
- i: n. medianus

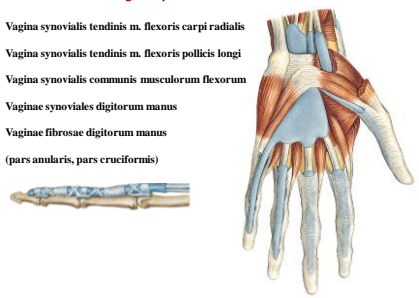


Eminentia carpi radialis et ulnaris  
 Retinaculum flexorum (lig. carpi transversum)  
 Canalis carpi:  
**Radial part:** m. flexor carpi radialis  
**Ulnar part:** m. flexor digitorum superficialis  
                   m. flexor digitorum profundus  
                   m. flexor pollicis longus  
                   **nervus medianus**



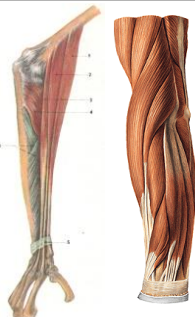
**Vaginae synoviales of flexors**

Vagina synovialis tendinis m. flexoris carpi radialis  
 Vagina synovialis tendinis m. flexoris pollicis longi  
 Vagina synovialis communis musculorum flexorum  
 Vaginae synoviales digitorum manus  
 Vaginae fibrosae digitorum manus  
 (pars annularis, pars cruciformis)



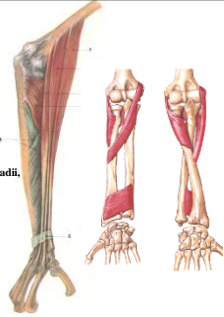
**Lateral group of the muscles of forearm**  
**N. radialis**

Musculus brachioradialis  
 Musculus extensor carpi radialis longus  
 Musculus extensor carpi radialis brevis  
 Musculus supinator



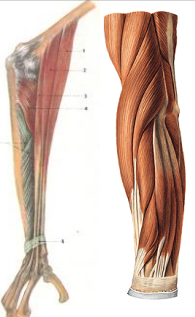
**Musculus brachioradialis**  
**o:** proximal to epicondylus lateralis humeri  
**i:** processus styloideus radii  
**f:** flexion and supination of forearm  
**i:** n. radialis

**Musculus supinator**  
**o:** crista m. supinatoris ulnae, lig. anulare radii, epicondylus lateralis humeri  
**i:** ventral side of radius  
**f:** supination of forearm  
**i:** n. radialis



**Musculus extensor carpi radialis longus**  
**o:** proximal to epicondylus lateralis humeri  
**i:** base of 2nd metacarpal bone  
**f:** extension and radial duction of hand  
**i:** n. radialis

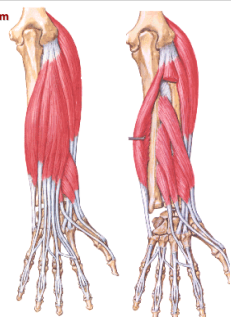
**Musculus extensor carpi radialis brevis**  
**o:** epicondylus lateralis humeri  
**i:** base of 3rd metacarpal bone  
**f:** extension and radial duction of hand  
**i:** n. radialis



**Dorsal group of the muscles of forearm**

**Superficial layer:**  
 Musculus extensor digitorum  
 Musculus extensor digiti minimi  
 Musculus extensor carpi ulnaris


**Deep layer:**  
 Musculus abductor pollicis longus  
 Musculus extensor pollicis brevis  
 Musculus extensor pollicis longus  
 Musculus extensor indicis



**Musculus extensor digitorum**  
 o: epicondylus lateralis humeri  
 i: dorsal aponeurosis of 2.-5. finger  
 f: extension of the hand and fingers

**Musculus extensor digiti minimi**  
 o: epicondylus lateralis humeri  
 i: dorsal aponeurosis of 5th finger  
 f: extension of the hand and 5th finger


**Musculus extensor carpi ulnaris**  
 o: epicondylus lateralis humeri  
 i: base of 5th metacarpal bone  
 f: extension of hand and ulnar duction



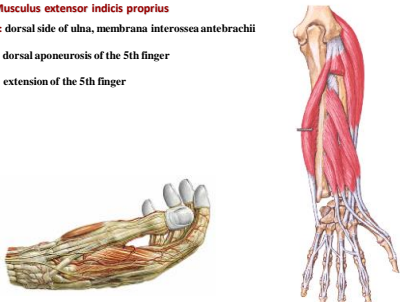
**Musculus abductor pollicis longus**  
 o: dorsal side of ulna and radius, membrana interossea antebrachii  
 i: base of 1st metacarpal bone  
 f: abduction of thumb

**Musculus extensor pollicis brevis**  
 o: membrana interossea antebrachii, dorsal side of radius  
 i: dorsalside of proximal phalanx  
 f: extension and abduction of thumb

**Musculus extensor pollicis longus**  
 o: membrana interossea antebrachii, dorsal side of ulna  
 i: dorsalside of distal phalanx  
 f: extension of thumb

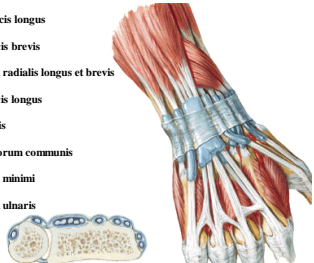


**Musculus extensor indicis proprius**  
 o: dorsal side of ulna, membrana interossea antebrachii  
 i: dorsal aponeurosis of the 5th finger  
 f: extension of the 5th finger



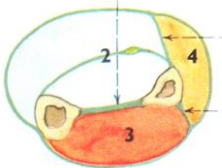
**Vaginae synoviales of the extensors**  
 Retinaculum extensorum (radius - os triquetrum a os hamatum)

- m. abductor pollicis longus  
m. extensor pollicis brevis
- m. extensor carpi radialis longus et brevis
- m. extensor pollicis longus
- m. extensor indicis  
m. extensor digitorum communis
- m. extensor digiti minimi
- m. extensor carpi ulnaris



**Fascia antebrachii**

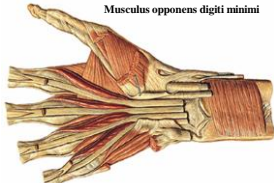
Connected with dorsal side of ulna  
 septum intermusculare ant.  
 septum intermusculare post.  
 retinaculum flexorum et extensorum



**Musculi manus**

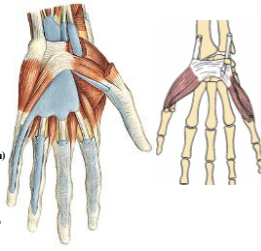
<b>Muscles of thenar:</b>	<b>Muscles of hypothenar:</b>
Musculus abductor pollicis brevis	Musculus palmaris brevis
Musculus flexor pollicis brevis	Musculus abductor digiti minimi
Musculus opponens pollicis	Musculus flexor digiti minimi
Musculus adductor pollicis	Musculus opponens digiti minimi

**Middle group:**  
 Musculi interossei dorsales  
 Musculi interossei palmares  
 Musculi lumbricales



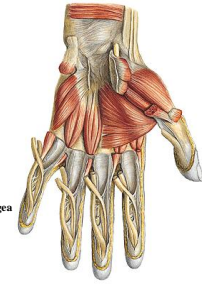
**Musculus abductor pollicis brevis**  
o: eminentia carpi radialis  
i: radial sesamoid bone in art. metacarpophalangea  
f: abduction of the thumb  
i: n. medianus

**Musculus flexor pollicis brevis**  
o: eminentia carpi radialis (caput superficiale et profundum)  
i: radial sesamoid bone in art. Metacarpophalangea  
f: flexion and opposition of thumb  
i: n. medianus, n. ulnaris



**Musculus opponens pollicis**  
o: eminentia carpi radialis  
i: lateral side of the 1st metacarpal bone  
f: opposition of thumb  
i: n. medianus

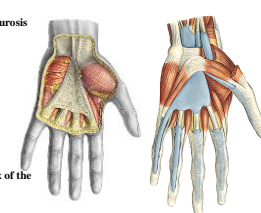
**Musculus adductor pollicis**  
o: caput obliquum - eminentia carpi radialis  
caput transversum - lateral side of the r 3rd metacarpal bone  
i: ulnar sesamoid bone in art. metacarpophalangea  
f: adduction of thumb  
i: n. ulnaris



**Muscles of hypothenar**

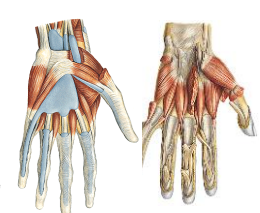
**Musculus palmaris brevis**  
o: ulnar margin of palmar aponeurosis  
i: skin of hypothenar  
f: transverse grooves  
i: n. ulnaris

**Musculus abductor digiti minimi**  
o: os pisiforme  
i: ulnar side of proximal phalanx of the 5th finger  
f: abduction of the 5th finger  
i: n. ulnaris



**Musculus flexor digiti minimi**  
o: hamulus ossis hamati  
i: base of prox. phalanx of 5th metacarpal bone  
f: flexion of the 5th finger  
i: n. ulnaris

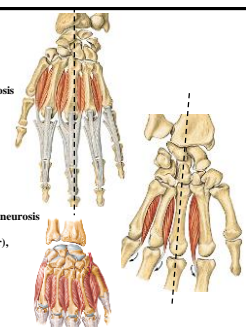
**Musculus opponens digiti minimi**  
o: eminentia carpi ulnaris  
i: ulnar side of 5th metacarpal bone  
f: opposition of the 5th finger  
i: n. ulnaris



**Middle group:**

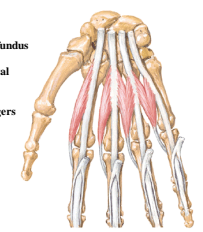
**Musculi interossei dorsales I. - IV.**  
o: bodies of adjacent metacarpal bones  
i: base prox. phalanx and a dors. aponeurosis  
f: abduction of fingers (axis - 3rd finger), flexion  
i: n. ulnaris

**Musculi interossei palmares I. až III.**  
o: bodies of metacarpal bones  
i: base of prox. Phalanx and a dors. aponeurosis  
f: adduction of fingers (axis - 3rd finger), flexion  
i: n. ulnaris



**Musculi lumbricales I. - IV.**

o: tendons of musculus flexor digitorum profundus  
i: radial side of proximal phalanges and dorsal aponeurosis of the 2nd-5th fingers  
f: flexion of the fingers, radial duction of fingers  
i: 1. and 2. m. lumbricalis - n. medianus  
3. and 4. m. lumbricalis - n. ulnaris



**Fasciae manus**

Fascia dorsalis manus superficialis  
 Fascia dorsalis manus intertendinea (Slachy extenzorii)  
 Fascia dorsalis manus interossea  
 Facia palmaris superficialis – **aponeurosis palmaris**  
 Fascia palmaris interossea  
 Septum palmare radiale (3rd metacarpal bone)  
 Septum palmare ulnare (5th metacarpal bone)  
 Spatium palmare radiale, ulnare, medium

**Musculi membri inferioris**

**Musculi coxae**

**Ventral group:** Musculus iliopsoas

**Dorsal group:**  
 Musculus gluteus maximus  
 Musculus gluteus medius  
 Musculus gluteus minimus  
 Musculus tensor fasciae latae  
 Musculus piriformis  
 Musculus obturatorius internus  
 Musculus gemellus superior  
 Musculus gemellus inferior  
 Musculus quadratus femoris

**Musculus iliopsoas**

Musculus psoas major  
 o: disci intervertebrales et ligaments of the L

**Musculus iliacus**  
 o: fossa iliaca

**Musculus psoas minor** (nekonstantni)  
 o: medially to m. psoas major  
 i: trochanter minor  
 f: flexion in hip  
 i: plexus lumbalis

**Musculus gluteus maximus**  
 o: linea glutea post. ossis ili, os sacrum, fascia thoracolumbalis  
 i: tractus iliotibialis, tuberositas glutea, labium laterale lineae asperae  
 f: extension in the hip and knee  
 i: n. gluteus inferior

**Musculus gluteus medius**  
 o: linea glutea ant. a post., labium externum cristae iliaceae  
 i: trochanter major femoris  
 f: pronation and supination, extension  
 i: n. gluteus sup.

**Musculus gluteus minimus**  
 o: linea glutea ant. a inf.,  
 i: trochanter major femoris  
 f: pronation and supination, abduction  
 i: n. gluteus sup.

**Musculus tensor fasciae latae**  
 o: spina iliaca ant. sup.  
 i: tractus iliotibialis  
 f: extension in knee  
 i: n. gluteus sup.

**Musculus piriformis**

- o: lat. part of facies pelvina ossis sacri
- i: trochanter major femoris
- f: femoral supination
- i: plexus sacralis

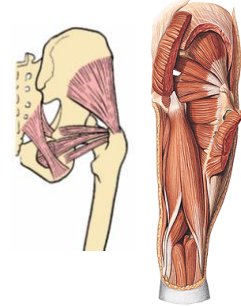


**Musculus obturatorius internus**

- o: membrana obturatoria, inner surface
- i: fossa trochanterica
- f: femoral supination
- i: plexus sacralis

**Musculus gemellus superior**

- o: spina ischiadica
- i: m. obturatorius int., (fossa trochanterica)
- f: femoral supination
- i: plexus sacralis

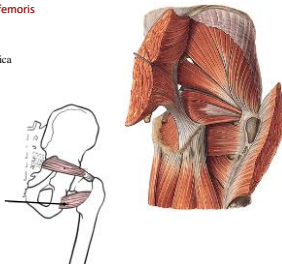


**Musculus gemellus inferior**

- o: tuber ischiadicum
- i: m. obturatorius int., (fossa trochanterica)
- f: femoral supination
- i: plexus sacralis

**Musculus quadratus femoris**

- o: tuber ischiadicum
- i: crista intertrochanterica
- f: femoral supination
- i: plexus sacralis



**Musculi femoris – ventral group**

**Musculus quadriceps femoris**

- o: 1. m. rectus femoris – spina iliaca ant. inf.
- 2. m. vastus medialis – labium med. lineae asperae
- 3. m. vastus lateralis – labium laterale lineae asperae
- 4. m. vastus intermedius – corpus femoris
- i: lig. patellae, tuberositas tibiae
- f: extension in knee, flexion in hip
- i: n. femoralis



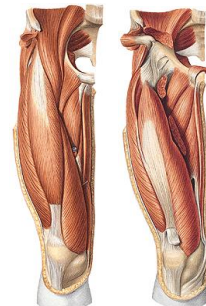
**Musculus sartorius**

- o: spina iliaca ant. sup.
- i: pes anserinus (condylus med. tibiae)
- f: flexion in knee, flexion in hip
- i: n. femoralis



**Musculi femoris – medial group**

- Musculus gracilis
- Musculus pectineus
- Musculus adductor longus
- Musculus adductor brevis
- Musculus adductor magnus
- Musculus obturatorius externus

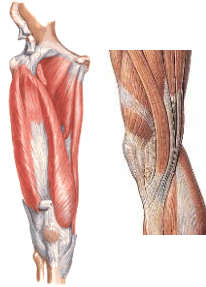


**Musculus gracilis**

- o: ventrocaudally to symphysis
- i: pes anserinus (condylus med. tibiae)
- f: flexion in knee and adduction in hip
- i: n. obturatorius

**Musculus pectineus**

- o: pecten ossis pubis
- i: linea pectinea femoris
- f: adduction in hip
- i: n. obturatorius, n. femoralis

**Musculus adductor longus**

- o: ramus ossis pubis between tuberculum pubicum and symphysis
- i: middle part of labium mediale lineae asperae femoris
- f: adduction in hip
- i: n. obturatorius

**Musculus adductor brevis**

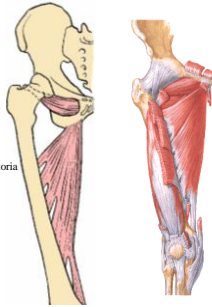
- o: between ramus sup. and inf. ossis pubis
- i: prox. third of labium mediale lineae asperae femoris
- f: adduction in hip
- i: n. obturatorius

**Musculus adductor magnus**

- o: ramus inf. ossis pubis to tuber ischiadicum
- i: labium mediale lineae asperae femoris, epicondylus medialis femoris
- f: adduction in hip
- i: n. obturatorius, n. ischiadicus

**Musculus obturatorius externus**

- o: external surface of membrana obturatoria
- i: fossa trochanterica femoris
- f: supination in hip joint
- i: n. obturatorius

**Musculi femoris – dorsal group**

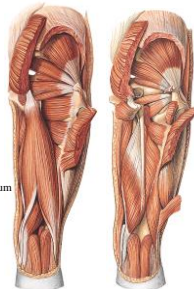
- Musculus semitendinosus
- Musculus semimembranosus
- Musculus biceps femoris

**Musculus semitendinosus**

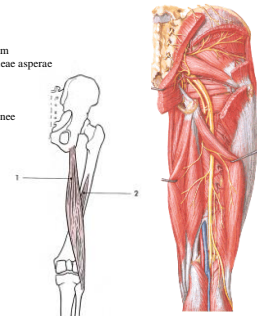
- o: tuber ischiadicum
- i: pes anserinus
- f: extension in hip, flexion in knee
- i: n. ischiadicus

**Musculus semimembranosus**

- o: tuber ischiadicum
- i: condylus medialis tibiae, lig. popliteum obliquum
- f: extension in hip, flexion in knee
- i: n. ischiadicus

**Musculus biceps femoris**


- o: caput longum: tuber ischiadicum  
caput breve: labium laterale lineae asperae
- i: caput fibulae
- f: extension in hip, flexion in knee
- i: n. ischiadicus






**Musculi cruris – ventral group**

Musculus tibialis anterior  
 Musculus extensor hallucis longus  
 Musculus extensor digitorum longus




**Musculus tibialis anterior**

o: lateral side of tibia, membrana interossea cruris  
 i: os cuneiforme med., base of I. metatarsal bone  
 f: dorsal flexion and supination of the foot, supports the foot vault  
 i: n. fibularis prof.  
**Musculus extensor hallucis longus**  
 o: medial side of fibula, membrana interossea cruris  
 i: dorsal aponeurosis of toe  
 f: extension of toe and foot  
 i: n. fibularis prof.




**Musculus extensor digitorum longus**

o: condylus lat. tibiae, proximal part of fibula, membrana interossea cruris  
 i: dorsal aponeurosis of 2-5 fingers  
 5th tendon on tuberositas ossis metatarsi V. (musculus fibularis tertius)  
 f: extension of fingers and foot, pronation  
 i: n. fibularis prof.




**Vaginae synoviales – ventral group**

**Retinaculum musculorum extensorum superiorum**  
 (between malleolus medialis et lateralis)  
 three osteofibrous spaces:  
 m. tibialis ant.  
 m. extensor hallucis longus  
 m. extensor digitorum longus  
**Retinaculum musculorum extensorum inferiorum**  
 (X or Y shape)



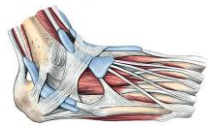
**Musculi cruris – lateral group**

**Musculus fibularis (peroneus) longus**  
 o: caput fibulae, prox. part of fibuly  
 i: os cuneiforme med., base of 1st metatarsal bone  
 f: plantar flexion and pronation, supports foot vault  
 i: n. fibularis superficialis  
**Musculus fibularis brevis**  
 o: distal part of the lateral side of fibula  
 i: tuberositas ossis metatarsi V.  
 f: plantar flexion and pronation  
 i: n. fibularis superficialis



**Synovial vaginae – lateral group**

**Retinaculum musculorum peroneorum superiorum**  
 (between malleolus lat. and tuber calcanei)  
 Common synovial vagina  
**Retinaculum musculorum peroneorum inferiorum**  
 (between tuber calcanei, trochlea peronealis calcanei and distal part of retinaculum extensorum inf.)  
 2 osteofibrous canals:  
 m. fibularis longus (below trochlea peronealis)  
 m. fibularis brevis (above trochlea peronealis)




**Musculi cruris – dorsal group**

**Superficial layer:**

- Musculus triceps surae
- Musculus plantaris
- Musculus popliteus

**Deep layer:**

- Musculus tibialis posterior
- Musculus flexor hallucis longus
- Musculus flexor digitorum longus



**Musculus triceps surae**

musculus gastrocnemius and musculus soleus

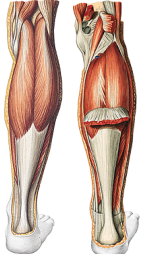
**o:**  
**musculus gastrocnemius:**  
 caput med. – epicondylus med. femoris  
 caput lat. – epicondylus lat. femoris

**musculus soleus:**  
 arcus tendineus m. solei

**i:** tuber calcanei (tendo calcanei seu Achilles)

**f:** flexion in knee, plantar flexion

**i:** n. tibialis



**Musculus plantaris**

**o:** epicondylus lateralis femoris

**i:** joins tendo Achilles

**f:** flexion in knee, plantar flexion

**i:** n. tibialis

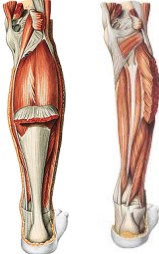
**Musculus popliteus**

**o:** epicondylus lateralis femoris

**i:** proximally to linea m. solei

**f:** flexion in knee

**i:** n. tibialis



**Musculus tibialis posterior**

**o:** posterior side of tibia, medial side of fibula, membrana interossea cruris

**i:** tuberositas ossis navicularis

**f:** plantar flexion, foot vault support

**i:** n. tibialis


**Musculus flexor hallucis longus**

**o:** dorsal side of fibula

**i:** distal phalanx of toe

**f:** flexion of toe and foot

**i:** n. tibialis




**Musculus flexor digitorum longus**

**o:** dorsal side of tibia

**i:** distal phalanges 2-5th fingers

**f:** flexion of fingers and foot

**i:** n. tibialis



**Synovial vaginae – medial group**

**Retinaculum musculorum flexorum**  
 (between malleolus lateralis and tuber calcanei)

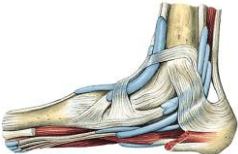
Three osteofibrous spaces

**m.** tibialis post.

**m.** flexor digitorum longus  
 (a. and v. tibialis post., n. tibialis)


**m.** flexor hallucis longus

Synovial vagina for each muscle



**Fascia cruris**


Doesn't cover facies medialis tibiae  
septum intermusculare anterius et posterius  
(anterior, lateral and posterior group)  
Dorsal group – deep fascial sheath  
Firmed in retinaculum musculorum extensorum,  
flexorum, peroneorum



**Musculi pedis – dorsal group**

**Musculus extensor hallucis brevis**  
o: next to sinus tarsi  
i: dorsal aponeurosis of toe  
f: extension of toe  
i: n. peroneus profundus

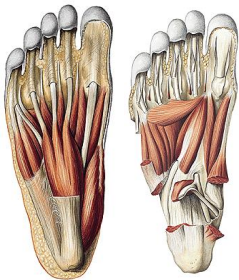
**Musculus extensor digitorum brevis**  
o: next to sinus tarsi  
i: dorsal aponeurosis of 2-4th fingers  
f: extension of fingers  
i: n. peroneus profundus




**Musculi pedis – muscles of toe**

**Musculus abductor hallucis**  
o: processus medialis tuberis calcanei  
i: med. sesamoid bone in art. metatarsophalangea hallucis  
f: abduction and flexion of toe  
i: n. plantaris med.

**Musculus flexor hallucis brevis**  
o: plantar side of ossa cuneiformia  
i: both sesamoid bones in art. metatarsophalangea hallucis  
f: flexion of toe  
i: n. plantaris med.



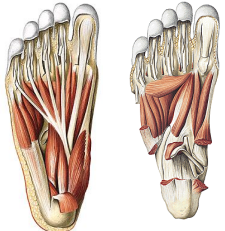
**Musculus adductor hallucis**  
o: caput obliquum – plantar surface of tarsal bones  
caput transversum – plantar surface of 3., 4., and 5. metatarsal  
i: lat. sesamoid bone in art. metatarsophalangea hallucis  
f: adduction and flexion of toe  
i: n. plantaris lat.




**Musculi pedis – muscles of 5th finger**

**Musculus abductor digiti minimi**  
o: processus lat. tuberis calcanei  
i: base of 5th metatarsal bone, base of prox. phalanx of 5th finger  
f: abduction and flexion  
i: n. plantaris lat.

**Musculus flexor digiti minimi**  
o: plantar side of os cuboideum and base of 5th metatarsal bone  
i: base of proximal phalanx of 5th finger  
f: flexion  
i: n. plantaris lat.



**Musculus opponens digiti minimi**  
o: plantar surface of os cuboideum  
i: body of the 5th metatarsal bone  
f: opposition of 5th finger  
i: n. plantaris lat.



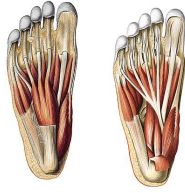
**Musculi pedis – middle group****Musculus flexor digitorum brevis**

- o: processus medialis tuberis calcanei
- i: middle phalanges of 2nd-5th finger
- f: flexion

i: n. plantaris med.

**Musculus quadratus plantae**

- o: tuber calcanei
- i: tendons m. flexor digitorum longus
- f: flexion of fingers
- i: n. plantaris lat.

**Musculi lumbricales I. - IV.**

- o: tendons of musculus flexor digitorum longus
- i: medial side of prox. phalanx and dorsal aponeurosis of 2nd-5th finger
- f: flexion of proximal phalanges, extension of distal phalanges, medial ducton
- i: 1. and 2. m. lumbricalis - n. plantaris medialis  
3. and 4. m. lumbricalis - n. plantaris lateralis

**Musculi interossei dorsales**

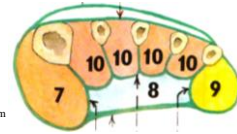
- o: bodies of adjacent metatarsal bones
- i: base of prox. phalanges and dors. aponeurosis
- f: abduction of fingers (axis through 2nd), flexion of proximal phalanx, extension of distal
- i: n. plantaris lat.

**Musculi interossei plantares**

- o: tibial side of bodies of 3.-5. metatarsal bones
- i: base of prox. phalanges and dors. aponeurosis
- f: adduction of (axis through 2nd), flexion of proximal phalanx, extension of middle and distal
- i: n. plantaris lat.

**Fasciae pedis**

- Fascia dorsalis pedis
- Fascia dorsalis pedis intersea
- Fascia plantaris superficialis – aponeurosis plantaris
- Fascia plantaris pedis interossea
- Septum intermusculare mediale (1st metatarsal bone)
- Septum intermusculare laterale (5th metatarsal bone)
- Spatium plantare mediale, laterale, medium

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