

Foot & Ankle Support Card



- | | | |
|-----------------------------------|--------------------------------------|---------------------------------------|
| 1. Flexor hallucis longus tendon | 8. Flexor hallucis longus muscle | 15. Lateral malleolus (fibula) |
| 2. Flexor digitorum longus tendon | 9. Achilles tendon | 16. Peroneus longus tendon |
| 3. Tibialis anterior tendon | 10. Tibialis posterior tendon | 17. Extensor digitorum brevis muscle |
| 4. Medial malleolus (tibia) | 11. Tibialis anterior muscle | 18. Peroneus brevis tendon |
| 5. Gastrocnemius muscle | 12. Extensor digitorum longus muscle | 19. Peroneus tertius tendon |
| 6. Soleus muscle | 13. Peroneus longus muscle | 20. Retinaculum |
| 7. Flexor digitorum longus muscle | 14. Soleus muscle | 21. Extensor digitorum longus tendons |
| | | 22. Extensor hallucis longus tendons |

Anatomy Of Foot And Ankle

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Kaleka,Nobuo Adachi**

Anatomy Of Foot And Ankle:

Whispering the Techniques of Language: An Mental Quest through **Anatomy Of Foot And Ankle**

In a digitally-driven world where screens reign supreme and quick interaction drowns out the subtleties of language, the profound strategies and mental nuances concealed within words usually get unheard. Yet, located within the pages of **Anatomy Of Foot And Ankle** a fascinating fictional value blinking with natural thoughts, lies an exceptional journey waiting to be undertaken. Written by a talented wordsmith, that enchanting opus encourages readers on an introspective journey, gently unraveling the veiled truths and profound impact resonating within ab muscles material of every word. Within the psychological depths of the moving review, we can embark upon a heartfelt exploration of the book is key themes, dissect their interesting publishing fashion, and yield to the strong resonance it evokes deep within the recesses of readers hearts.

<https://legacy.tortoisemedia.com/book/detail/default.aspx/Habit%20Building%20Review.pdf>

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