TOPIC: ANATOMICAL TERMS FOR THE LEG AND FOOT

Leg and Thigh ■ Popliteal: _____ of the knee ■ Coxal: Sometimes your knees "pop". coxal bone = hip bone. ■ Sural: _____ of the calf Goes w/ Crural. ■ Femoral: _____ Later in alphabet so back of the leg. femur = thigh bone. ■ Plantar: of the foot ■ Patellar: _____ I plant my feet on my plantar region. From Latin for small dish. Cooked in a shallow dish. **■ Crural:** ______ Goes w/ Sural. Earlier in alphabet so entire lower leg. ■ Pedal: — I pedal my bicycle with my pedal region. **EXAMPLE:** Based on the anatomical terms, where do you think the following injuries affect? c) Patellar tendonitis a) Plantar facilitis b) Fascia cruris tear d) Popliteal cyst **PRACTICE:** The posterior part of the knee is called: d) Sural. a) Hallux. b) Patellar. c) Popliteal. **PRACTICE:** Which anatomical term refers to a region that is proximal to the crural region? a) Digital. b) Tarsal. c) Patellar. d) Sural. **PRACTICE:** Based on the anatomical terms, the dorsalis pedis artery is likely associated with which structure? a) Ankle. b) Back of the knee. c) Foot. d) Calf.

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Foot (Pedal Region) Metatarsal: _____ of the foot. meta = after, tarsal = ankle. Calcaneal: _____ calcanea = chalk. The skin on my heel looks like it's white from chalk. Hallux: ____ toe HAL has a LUXuriously large big toe.

EXAMPLE : Based on the anatomical terms, where do you think each of the following conditions affects?	
a) Hallux rigidus	c) Metatarsalgia
b) Calcaneal spur	d) Tarsal tunnel syndrome

PRACTICE: You injure yourself and the doctor says you have a contusion in the hallux region. Based on your anatomical terms, what could be another name for this injury?

a) Stubbed big toe.

c) Torn tendon in the knee.

b) Sprained ankle.

d) Broken leg.

PRACTICE: Which structure is distal to the metatarsals?

a) Sural.

b) Tarsal.

c) Digital.

d) Femoral.