

Diagnose	Fodens anatomi
	<p>The diagrams illustrate the skeletal structure of the foot, divided into three regions: Forefoot, Midfoot, and Hindfoot.</p> <ul style="list-style-type: none"> Forefoot: Includes the phalanges (proximal, middle, distal), metatarsals (1-5), and sesamoids. Midfoot: Includes the tarsals (Talus, Navicular, Calcaneus, Os trigonum, Os tibiale externum or accessory navicular, Os vesalianum, Cuboid, Os peroneum) and the Lisfranc's joint. Hindfoot: Includes the Talus and Calcaneus. <p>Key joints shown in red:</p> <ul style="list-style-type: none"> Lisfranc's joint: Between the base of the first metatarsal and the medial cuneiform. Chopart's joint (Midtarsal joint): Between the distal ends of the three cuneiforms and the base of the navicular.