Foot Bones

The foot (tarsus) bones are a cluster of seven articulating bones in each foot situated between the lower end of tibia and fibula of the lower leg and the metatarsus. They can be remembered with the acronym "Tiger Cubs Need MILC," representing the Talus, Calcaneous, Navicular, Medial Cuneiform, Intermediate Cuneiform, Lateral Cuneiform and the Cuboid bones.



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Tiger Cubs Need MILC
Tiger Cubs in Need of Milk
The different foot bones can be remembered with the acronym "Tiger Cubs Need MILC," representing the Talus, Calcaneous, Navicular, Medial Cuneiform, Intermediate Cuneiform, Lateral Cuneiform and the Cuboid bones.

Talus
Talons
The talus forms the lower part of the ankle joint through its articulations with the lateral and medial malleoli of the two bones of the lower leg, the tibia and fibula. It articulates with the calcaneus below and navicular in front within the talocalcaneonavicular joint. Through these articulations, it transmits the entire weight of the body to the foot.

Calcaneus
Cow-cane
The calcaneus is a bone of the foot which constitutes the heel. It is the largest of the tarsal bones and the largest bone of the foot. The calcaneus serves as the insertion point for three muscles: the gastrocnemius, soleus, and plantaris.

Navicular
Navy-cooler
The navicular bone in humans is located on the medial side of the foot, and articulates proximally with the talus, distally with the three cuneiform bones, and laterally with the cuboid. It is named for its resemblance to a small boat.

Medial Cuneiform
Metal Cow-uniform
The medial cuneiform (first cuneiform) is the largest of the cuneiforms. It is situated at the medial side of the foot, anterior to the navicular bone and posterior to the base of the first metatarsal. Lateral to is the intermediate cuneiform. The tibialis anterior and fibularis longus muscle inserts at the medial cuneiform bone.

Intermediate Cuneiform
In-the-middle Cow-uniform
The intermediate cuneiform (second cuneiform) is shaped like a wedge, the thin end pointing downwards.

Lateral Cuneiform
Ladder Cow-uniform
The lateral cuneiform (also known as third cuneiform) intermediate in size between the other two cuneiform bones, is wedge-shaped, the base being uppermost. The tibialis posterior inserts at the lateral cuneiform, while the flexor hallucis brevis originates from it.

Cuboid
Cube
The cuboid bone is the most anteriolateral of the tarsal bones, and is named for its cube-shape. Only two muscles attach to the cuboid bone; the flexor hallucis brevis and tibialis posterior.

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