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Foot and Ankle

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| **Across****3.** The toes of the foot **4.** The ligament that attaches the tibia and fibula along the entire length **9.** Largest thickest tendon in the body **12.** Hyperextension of the distal phalangeal joint **16.** Moving the forefoot away from the midline of the body**18.** The top surface of the foot **22.** The largest bone in the foot **23.** Medial ligament of the ankle **26.** Ligament that connects the talus and fibula in the front **28.**  The muscle that resides under the Gastrocnemius **29.** Caused by excessive valgus stress **30.** The medial bone that articulates with the talus | **Down****1.** Outward movement of the foot **2.** Moving the forefoot toward the midline of the body**5.** Ligament that connects the talus and fibula in the back **6.** Calf muscle **7.** The bottom surface of the foot**8.** Anatomical name for the Big Toe**10.** Upward movement of the foot**11.** The toe that only has two phalanges **13.** The most lateral bone of the midfoot **14.** The posterior bones of the foot are **15.** Most superior bone of the foot **17.** The long set of bones in the foot **19.** Inward movement of the foot **20.** Downward movement of the foot **21.** Non weight bearing bone of the lower leg**24.** A row of three bones anterior of and articulating with the navicular bone **25.** The ligament that connects the calcaneus and navicular **27.** The strongest bone in the lower leg  |