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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 |