

Getting Started

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Student Library

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Course Id	Course Name	Subscription Ends
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Course Id	Course Name	Subscription Ends	
UVKG5A5W7	Anatomy, An Essential Textbook Course	4/17/2016	Open Reader

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1 Open the course reader

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Sole of the Foot


Goals

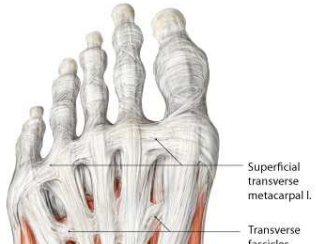
- Identify the long plantar flexor and evtor tendons in the sole of the foot.
- Identify the contents of the layers of the sole of the foot.

Dissection and Identification

1. Use a scalpel to remove the skin from the plantar surface of the foot. This should be done on both sides. With the skin removed, use a scraping motion with the scalpel to clean the surface of the **plantar aponeurosis**. It is tightly bound to the **calcaneal tuberosity** posteriorly and fans out to each digit distally, and is united by **transverse fascicles** and the **superficial metacarpal ligament** (Fig 64.1).

Insert scissors or scalpel handle under the plantar aponeurosis to free it from structures attached to its deep surface. Keeping the aponeurosis lifted, use a scalpel or scissors to transect it near the distal region, just before it fans out to the individual digits. Reflect the aponeurosis proximally.

 [Show me how: Skin the sole of the foot and reflect the plantar aponeurosis](#)



Superficial transverse metacarpal I.
Transverse fascicles

2 Use the tool bar to navigate and search through contents, print and preview modules.

3 Use your course!
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