

LMRT Review: Lower Limb & Pelvis Basics

Tarsal Bones (Foot)

- There are 7 tarsal bones in the foot
- The largest tarsal bone is the calcaneus
 - Commonly known as the heel bone
 - Supports body weight

Obturator Foramen

- The largest foramen in the body
- Located in the pelvis (hip bone)
- Formed by the pubis and ischium

Hip Bone Composition

- Each hip bone is made of:
 - Ilium
 - Ischium
 - Pubis
- These fuse together in adulthood

Hip Joint Anatomy

Acetabulum

- The socket of the hip joint
- Articulates with the head of the femur
- Forms a strong, stable joint for weight bearing

Greater Trochanter

- A large bony prominence located on the femur
- Serves as a muscle attachment site
- Important landmark in radiography

Femur

- The femur is the:
 - Longest
 - Strongestbone in the body
- Located in the thigh

Knee Anatomy

Patella

- Classified as a sesamoid bone
- Embedded in a tendon
- Protects the knee joint and improves leverage

Lower Leg Bones

Tibia

- Located on the medial side of the lower leg
- Primary weight-bearing bone

Fibula

- Located on the lateral side of the lower leg
- Forms the lateral malleolus (outer ankle)

Ankle Landmarks

- Lateral malleolus → Fibula
- Medial malleolus → Tibia

Quick Memory Tips

- Largest tarsal = Calcaneus
- Largest foramen = Obturator foramen (pelvis)
- Lateral malleolus = Fibula
- Greater trochanter = Femur
- Patella = Sesamoid bone
- Tibia = Medial
- Hip socket = Acetabulum
- Longest bone = Femur
- Hip bone = Ilium + Ischium + Pubis