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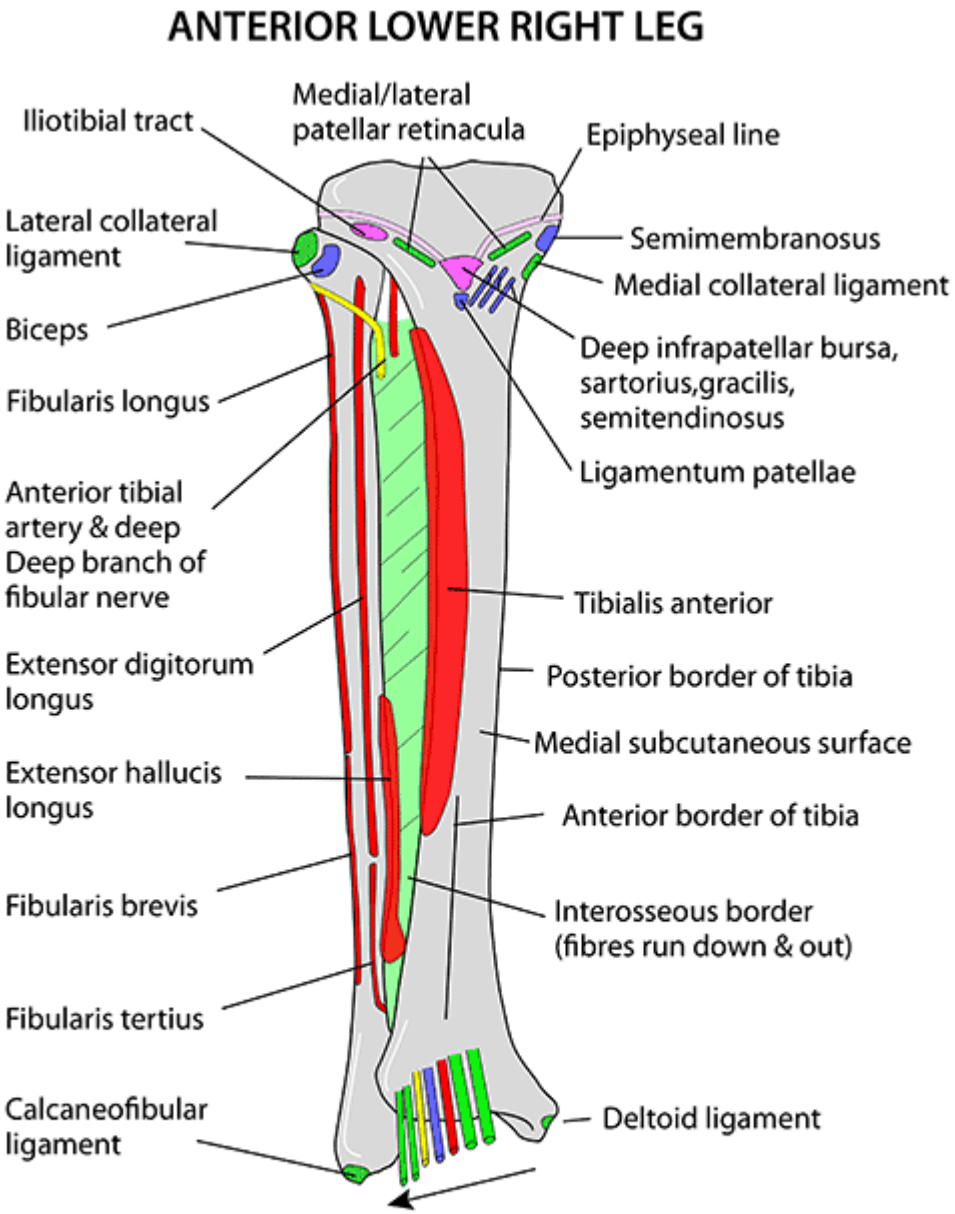
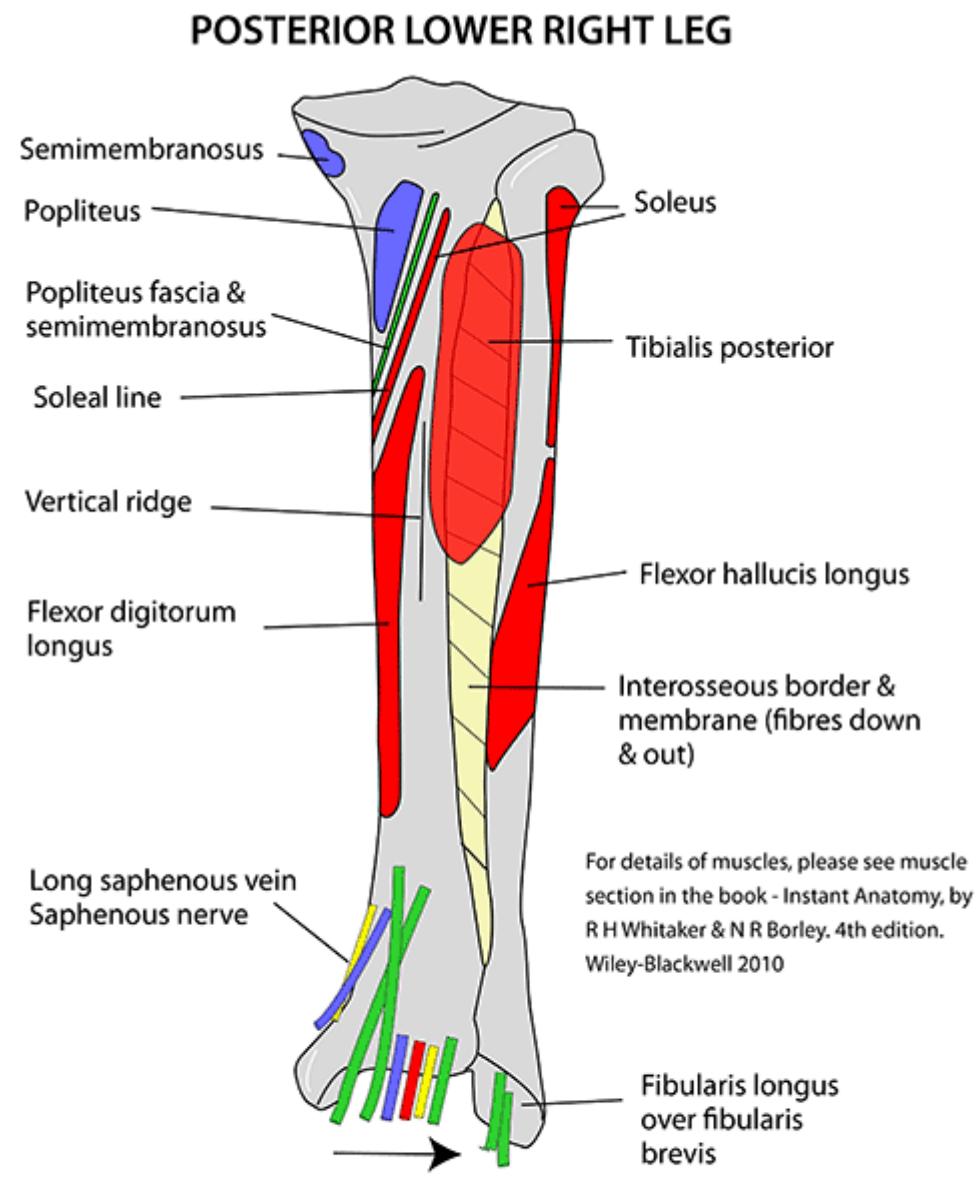
TIBIA 3

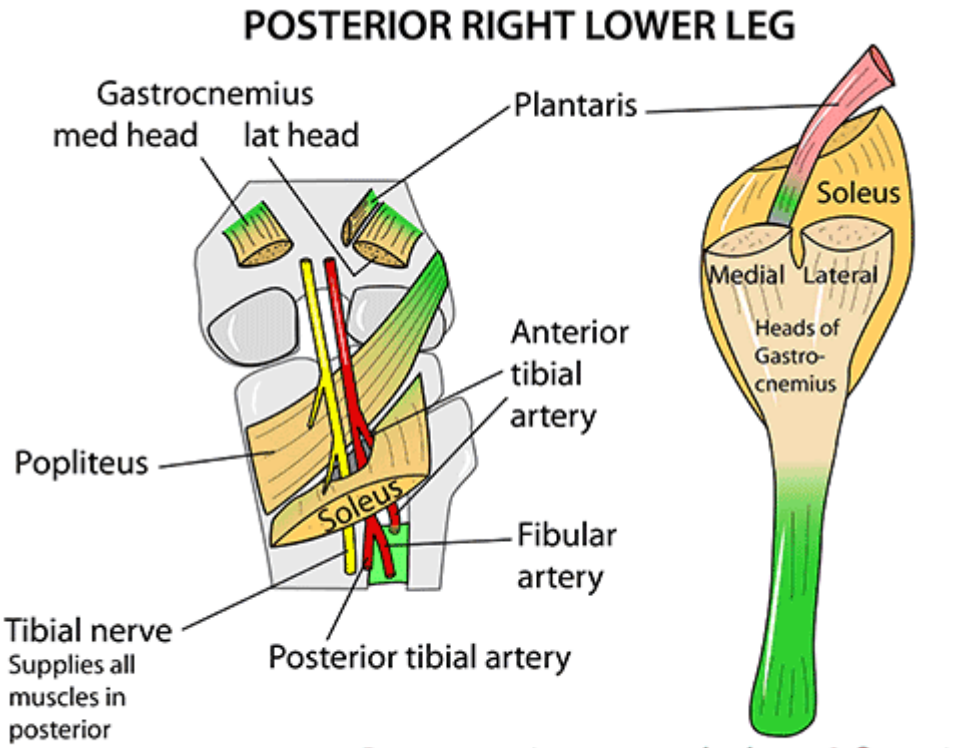
TIBIA



Order of structures across dorsum of foot in direction of arrow: Tibialis anterior, extensor hallucis longus, anterior tibial artery/vein, deep fibular nerve, extensor digitorum longus, fibularis tertius
Mnemonic: Timothy Has A Very Nasty Diseased Foot

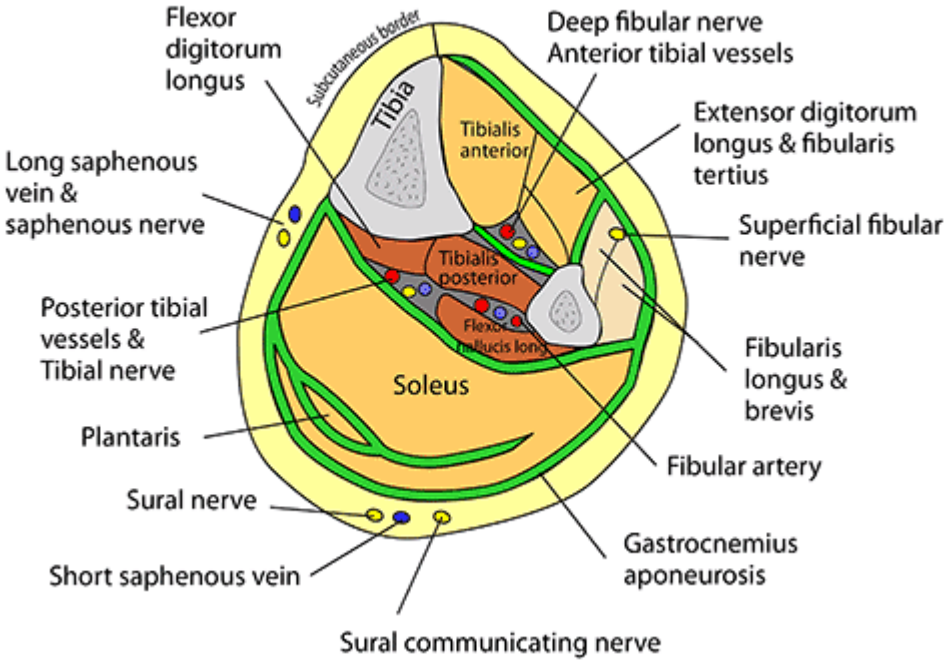


Order of structures behind medial malleolus as indicated by arrow:
Tibialis posterior, flexor digitorum longus, posterior tibial vein & artery, tibial nerve, flexor hallucis longus
Mnemonic: Timothy Doth Vex All Nervous Housemaids OR
Tom Dick And A Very Nervous Harry

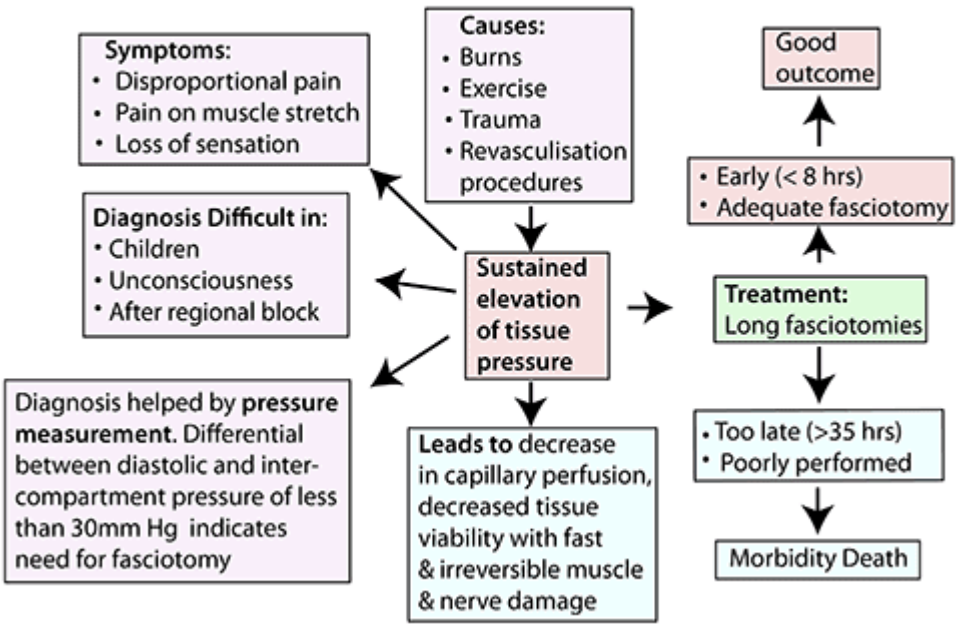


- Gastrocnemius crosses the knee & flexes it
- Soleus is the main venous muscle pump

AXIAL (CROSS) SECTION LOWER LEG



COMPARTMENT SYNDROMES



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