

# Joint Anatomy and Actions

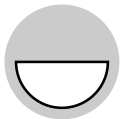
A Short Lesson in the Kinesiology of Exercise

## The Ankle Joint

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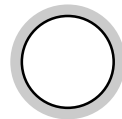
The ankle is formed by the junction of three bones: the talus bone of the foot and the tibia and fibula bones of the shin. The ligaments that tie and hold the ankle joint together limit the joint's voluntary movement to about 60 degrees. However, if the body's weight and external weights are used, the range of motion of the ankle can be increased.

### Basic Movements in the Ankle Joint



#### Extension

Moving the toes (foot) away from the body. Also called plantar flexion



#### Flexion

Moving the toes (foot) towards the shin. Also called dorsi flexion.

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