



210. The Foot Raised as in Walking, medial view.

Observe:

1. The heel raised, and the toes remaining applied to the ground.
2. The sesamoid bones in Fl. Hallucis Brevis tendons acting as a footstool for the first metatarsal and giving it increased height.
3. Fl. Digitorum Accessorius (Quadratus Plantae) lining the hollow between Fl. Hallucis Longus tendon and the heel.