

Gleзна. Picioorul

- articulatia talo-crurala
- articulatia subtalara
 - miscare triplana (in 3 planuri, in jurul unui ax oblic)
 - pronatie
 - in lant kinetic deschis - flexia dorsala + abductia + eversia calcaneului)
 - in lant kinetic inchis – (flexia plantara + adductia) talusului + eversia calcaneului + rotatia interna a tibiei
 - supinatie
 - in lant kinetic deschis – flexia plantara + adductia + inversia calcaneului
 - in lant kinetic inchis – (flexia dorsala + abductia) talusului + inversia calcaneului + rotatia externa a tibiei
- articulatia medio-tarsala (tarsala transversa)
 - miscare triplana, 2 axe (longitudinal + oblic)
 - pozitia artic subtalare influenteaza aliniamentul axelor, deci si miscarea in artic medio-tarsala
- articulatia tarso-metatarsiana
- artic metatarso-falangiene
- artic interfalangiene

- https://www.youtube.com/watch?v=0R4zRSE_40&feature=emb_logo
- https://www.youtube.com/watch?v=7SK_O-NuFr4
- <https://vimeo.com/65147465>