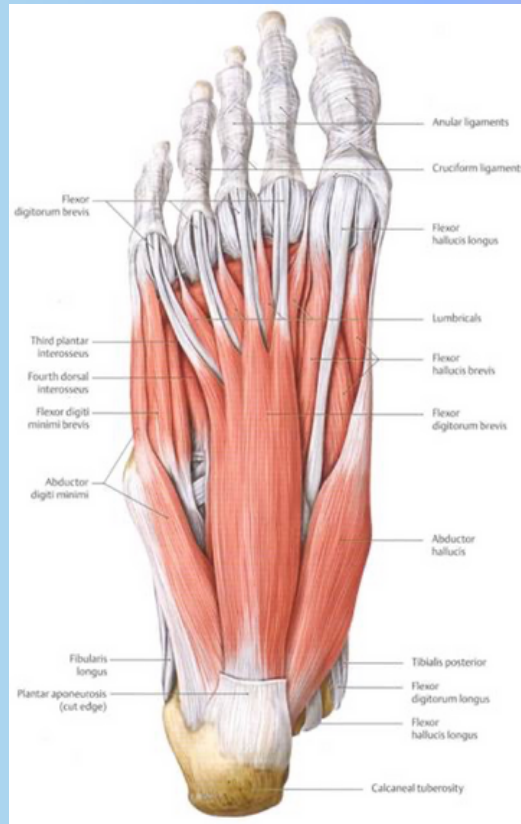


4 Layers of Plantar Foot Muscles

• 1st layer

- Abductor hallucis
- Flexor Digitorum brevis
- Abductor digiti minimi



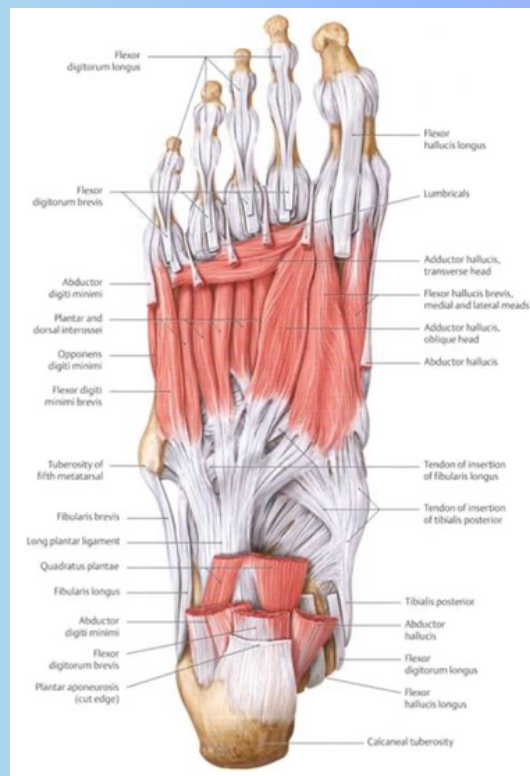
• 2nd layer

- Quadratus Plantae
- Lumbricales
- Extrinsic tendons
 - FDL
 - FHL
 - Knot of Henry



• 3rd layer

- flexor hallucis brevis
- adductor hallucis
- flexor digiti minimi brevis
- Extrinsic tendons
 - Peroneus longus
 - Tibialis posterior



• 4th layer

- 3 plantar interossei
- 4 dorsal interossei

