

# Ankle Ligaments

## Lateral Ankle Ligaments

- **Anterior talofibular ligament:**
  - Capsular ligament usually composed of one or two bands separated by an aperture for vessels to the ankle joint.
  - Attaches to the anterior border of the lateral malleolus and the lateral surface of the body of the talus.
  - Shortest and weakest of the lateral ankle ligaments.
- **Calcaneofibular ligament:**
  - Cord-like extracapsular ligament.
  - Attaches to the lateral malleolus at the anterior border and apex, and to the peroneal spine on the lateral surface of the calcaneus.
  - Crossed superficially by the tendons of peroneus longus and peroneus brevis.
    - The ATF ligament and the CFL make a 105-degree angle
- **Posterior talofibular ligament:**
  - Capsular ligament that almost courses in a transverse plane.
  - Attaches to the inferior portion of the malleolar fossa and to the lateral tubercle on the posterior surface of the body of the talus.

## Medial Ankle Ligaments (Deltoid)

- All are capsular ligaments.
- The deltoid ligament is divided into a superficial and deep portion.
- The superficial deltoid is crossed by the tendons of tibialis posterior and flexor digitorum longus.
- **Superficial deltoid:**
  - **Tibionavicular ligament:**
    - Attaches to the anterior colliculus and the dorsomedial aspect of the navicular.
    - Blends with the spring ligament.
    - Weakest component of the deltoid ligament.
  - **Calcaneotibial ligament:**
    - Attaches to the anterior colliculus and the sustentaculum tali.
    - Strongest component of the deltoid ligament.
  - **Superficial posterior talotibial ligament:**
    - Attaches to the anterior colliculus and the medial tubercle on the posterior surface of the body of the talus.
- **Deep deltoid:**
  - **Anterior talotibial ligament:**
    - Attaches to the anterior colliculus and intercollicular groove and the medial surface of the body of the talus below the pear-shaped articular facet.
  - **Deep posterior talotibial ligament:**
    - Attaches to the posterior colliculus and intercollicular groove, and to the medial tubercle on the posterior surface of the body of the talus.