	Superior Extensor Retinaculum	*Inferior Extensor Retinaculum*	*Extensor Expansions of the Toes*	*Superior Peroneal Retinaculum*	*Inferior Peroneal Retinaculum*	*Flexor Retinaculum*
	A thick band of deep fascia 1inch in breadth in front of lower part of front of leg.	***A Y-shaped band of deep fascia across dorsum of foot just distal to ankle joint***	***Union of tendons of extensor digitorum longus and tendons of extensor digitorum brevis form a fibrous expansion for the 2nd , 3rd and 4th toes *Site: On the dorsum of the proximal phalanges.***	***It covers the tendons of the 2 peroneal muscles behind the lateral malleolus.***	***It covers the tendons of the 2 peroneal muscles below the lateral malleolus on the lateral surface of the calcaneus***	***On the medial side of the ankle behind the medial malleolus.***
Attatchment	***between lower part of anterior border of tibia & fibula.***	***Stem of Y band: sup. surface of calcaneus •Upper band: ant. border of medial malleolus •Lower band: fuses with deep fascia of sole of foot (plantar aponeurosis) on med border of foot.***	***Each expansion is joined by one lumbrical and 2 interossei muscles which pass across the sides of the metatarsophalangeal joints from the sole of the foot. * Each expansion divides into 3 slips; the intermediate is attached to the base of the middle phalanx and the 2 collaterals reunite on the dorsum of the middle phalanx and are attached to the base of the distal phalanx. * The extensor expansion of the little toe is formed only by the tendon of extensor digitorum longus and receives one lumbrical and one interosseous muscle.***	***It is attached to the back of the lateral malleolus and the lateral surface of the calcaneus .***	***Superiorly: it is attached to the sup. surface of the calcaneus where it is continuous with the attachment of the stem of the inferior extensor retinaculum. •Inferiorly: it is attached to the lateral surface of the calcaneus***	***Anteriorly: the posterior border of the medial malleolus. Posteriorly: the medial surface of calcaneus.***
Structures	***1- Tibialis .ant 2- Extensor***	***1-Tibialis.ant 2- Extensor***	**** Function: The lumbrical and***			***1-Tibialis posterior***

passing deep to it (Medial to lateral)	***Hallucis longus 3- ant .tibial Vessels 4- ant. tibial Nerve 5- Ext. Digitorum longus 6- Peroneus tertius***	***Hallucis longus 3- Dorsalis pedis vessels 4- ant. tibial Nerve 5-Ext. Digitorum longus 6-Peroneus tertius***	***interossei ms .through the extensor expansion, flex the metatarso-phalangeal joints and help in extension of interphalangeal joints.***			***2-Flexor digitorum longus 3- Posterior tibial vessels 4- Tibial nerve 5-Flexor halluces longus***

Done by Leen Abuserhan