COMPETENCY CHECKLIST - ANKLE LANDMARKS & LIGAMENTS

	Date		Date	Task	Notes
				Fibular head	
				Medial Malleolus	
				Lateral malleolus	
				Talus	
				Calcaneous	
				Tarsals	
				Metatarsals	
				MTP joints 1-5	
				Phalanges	
				IP	
				PIP joints 2 - 5	
				DIP joints 2 - 5	
				Talocrural joint	
				Base of the 5th Metatarsal	
				Spring ligament	