3.2.6.3.1 *Landmark 1: Centre of the heel*

Definition: Most proximal point of the heel curve in its sagittal plane bisection.

Figure 3.7: Lateral view of landmark 1

Figure 3.8: Landmark 1 in sagittal plane
3.2.6.3.2 Landmark 2: Tuberosity of the navicular bone

Definition: Medial tip of the tuberosity of the navicular bone

Figure 3.9: Palpation for landmark 2

Figure 3.10: Dorsal view of placement of landmark 2
3.2.6.3.3 Landmark 3: Medial arch

Definition: Highest dorso-medial point of the medial longitudinal arch

Figure 3.11: Dorsal view of landmark 3

Figure 3.12: Medial view of landmark 3
3.2.6.3.4  **Landmark 4: First metatarsophalangeal joint**

**Definition:**
Widest part of the foot in the sagittal plane at the first metatarsophalangeal joint.

![Figure 3.13: Dorsal view of landmark 4](image)

3.2.6.3.5  **Landmark 5: Hallux**

**Definition:** Distal tip of the hallux or big toe

![Figure 3.14: Dorsal view of landmark 5](image)
3.2.6.3.6  Landmark 6: Second toe

Definition: Distal tip of the second toe

Figure 3.15: Dorsal view of landmark 6

3.2.6.3.7  Landmark 7: Third toe

Definition: Distal tip of the third toe

Figure 3.16: Dorsal view of landmark 7