

## **Plantar Nerves Program Transcript**

This is a diagram of the plantar nerves of the foot. The medial and lateral plantar are both branches off of the tibial nerve, and so they are affected if the tibial nerve is damaged in the popliteal fossa, posterior leg, or at the ankle. Damage to the tibial nerve affects both the medial and lateral plantar nerve. Involvement of the medial plantar nerves affects the muscles associated with the big toe and sensation along the medial plantar surface of the foot. Involvement of the lateral plantar nerve affects the muscles on the lateral side and central portions of the foot and sensation to the lateral two thirds of the plantar surface of the foot.