

Flexor Digitorum Longus Tendon

- Rarely involved in abnormalities

Medial (sustentaculum, middle facet is medial)

- Tibialis Posterior Tendon (Tom)
- Flexor Digitorum Longus Tendon (Dick)
- Posterior Tibial Artery
- Posterior Tibial Vein
- Tibial Nerve
- Flexor Hallucis Longus Tendon (Harry)
 - Like long head of biceps Communicates with joint and may have normal fluid around it.