

B	I	N	G	O
fourth metatarsal	Base of Bone	Lateral Cuneiforms	Trochlea of Talus	Phalanges
Head of Bone	first metatarsal	Sustentaculum Tali	Calcaneus	Tarsals
fifth metatarsal	second metatarsal	FREE	Cuboid	Medial Malleolus
Middle/intermediate cuneiforms	Tuberosity of fifth metatarsal	Navicular	Medial Cuneiforms	Shaft of Bone
Lateral Malleolus	Hallucis	Talus	third metatarsal	Head of Talus

B	I	N	G	O
second metatarsal	Calcaneus	Trochlea of Talus	Head of Bone	Sustentaculum Tali
Lateral Cuneiforms	third metatarsal	Phalanges	Hallucis	Tarsals
Middle/intermediate cuneiforms	Cuboid	FREE	Medial Malleolus	Base of Bone
Medial Cuneiforms	Talus	fourth metatarsal	Head of Talus	Tuberosity of fifth metatarsal
Navicular	Shaft of Bone	fifth metatarsal	first metatarsal	Lateral Malleolus

B	I	N	G	O
Hallucis	Talus	Calcaneus	Shaft of Bone	Cuboid
fourth metatarsal	Middle/intermediate cuneiforms	Navicular	first metatarsal	Phalanges
fifth metatarsal	Head of Talus	FREE	Tuberosity of fifth metatarsal	Medial Cuneiforms
second metatarsal	Tarsals	Trochlea of Talus	third metatarsal	Lateral Cuneiforms
Medial Malleolus	Base of Bone	Sustentaculum Tali	Head of Bone	Lateral Malleolus