

## Ankle & Foot Objective Assessment

### Look:

- Bony deformity / Bony alignment
  - Gait / Weight-bearing
  - Forefoot pronation / supination
  - Rearfoot valgus / varus
  - Pattern, surface contact points
  - Exostosis (Sever's Disease)
  - Hallux valgus
- Colour change
  - Bruising, inflammation, infection, rash
  - Compartment Syndrome / DVT / Gout
- Wasting / spasm / bulk of muscle
- Swelling, scarring, skin changes (wounds)

### Feel:

- Vascular System
  - Distal pulses, capillary refill
- Sensation (Neurological Examination)
  - Peripheral nerve skin sensation and power
- Temperature
  - Infection / Inflammation
- Swelling
  - Effusion, Synovial thickening, Extra capsular
- Tenderness
  - Superior knee / head of fibular
  - Gastrocnemius and achilles tendon
  - Anterior tibia and malleoli (Shin Splints)
  - Lateral and medial muscles
  - Ligaments
  - Calcaneus and talus
  - Tarsal bones / Plantar fascia
  - Metatarsals (Stress #)
  - Toes

**Move:**

- Clear the joints above and below
- Active Movement
  - Ankle
    - Plantarflexion 50
    - Dorsiflexion 20
    - Inversion / Supination 60
    - Eversion / Pronation 30
  - Toes (lateral four)
    - Extension MTP 40, PIP 0, DIP 30
    - Flexion MTP 40, PIP 35, DIP 60
  - Great Toe
    - Extension MTP 70, IP 0
    - Flexion MTP 45, IP 90
- Passive Movement
  - Tests inert structures, pain, range, crepitus
- End Feel of Movement
  - Normal: Hard, Soft, Elastic
  - Abnormal: Hard, springy, spasm, empty
- Muscle Power
  - MRC grading 0 - 5
- Static Resisted Testing
  - Tests contractile unit, pain, power

**Special Tests:**

- Anterior drawer test
  - Stresses anterior talofibular ligament
- Talar tilt
  - Stresses the calcaneofibular ligament
- Simmond's (Thompson's) Test
  - Test for achilles tendon rupture
- Ottawa ankle & foot rules