Clinical Examination of the Foot and Ankle

Note: This is provided as a reference tool for certification preparation. If you desire forms for clinical use, please contact OPTP at 800.367.7393 and ask about product #927CD or visit OPTP’s website at www.optp.com and search for the product number.

Bipedal squat (Dorsiflexion in weightbearing)
Unipodal toe raises

TALOCRURAL JOINT
Passive Dorsal Extension
Passive Plantar Flexion

SUBTALAR JOINT:
Passive Varus
Passive Valgus

MIDTARSAL JOINTS
Passive Dorsal Extension
Passive Plantar Flexion
Passive Abduction
Passive Adduction
Passive Supination
Passive Pronation

LATERAL LIGAMENT TESTS
Passive Plantar flexion-adduction-supination
Passive 10° Plantar flexion-adduction-supination
Passive Dorsal extension-adduction-supination

MEDIAL LIGAMENT TESTS
Passive Plantar flexion-abduction-pronation
Passive 10° Plantar flexion-abduction-pronation
Passive Dorsal extension-abduction-pronation

RESISTED TESTS
Resisted Extensor digitorum (ext, abd, pro)
Stretch of extensor digitorum
Resisted Anterior tibialis (ext, add, sup)
Stretch of anterior tibialis
Resisted Peroneals (flex, abd, pro)
Stretch of peroneals
Resisted Posterior tibialis (flex, add, sup)
Stretch of posterior tibialis

EXTRA TESTS:
A.T.T.C.S. Test (Unipedal extension, to provoke anterior ankle pain)

STABILITY TESTS:
Anterior drawer test: 10° plantar flexion
Anterior drawer test: dorsiflexed
Syndesmosis squeeze test
Lateral gapping test (ER test)
Syndesmosis translation test