

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)

Unipedal toe raises

TALOCRURAL JOINT

Passive Dorsal Extension

P assive Plantar Flexion

SUBTALAR JOINT:

P assive Varus

P assive Valgus

MIDTARSAL JOINTS

P assive Dorsal Extension

P assive Plantar Flexion

P assive Abduction

P assive Adduction

P assive Supination

P assive Pronation

LATERAL LIGAMENT TESTS

P assive Plantar flexion-adduction-supination

P assive 10° Plantar flexion-adduction-supination

P assive Dorsal extension-adduction-supination

MEDIAL LIGAMENT TESTS

P assive Plantar flexion-abduction-pronation

P assive 10° Plantar flexion-abduction-pronation

P assive 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

