EXAMINATION OF THE ANKLE AND FEET

|  |  |  |
| --- | --- | --- |
|  | ADEQUATE | INADEQUATE |
| Introduces self to the pt |  |  |
| Explains the examination |  |  |
| Ask the pt to undress from waist down |  |  |
| Ensures that pt is comfortable |  |  |
| ***Inspection*** |  |  |
| Asks pt to stand |  |  |
| Looks from the front and the back |  |  |
| Comment on posture, symmetry, obvious deformity |  |  |
| Observes gait |  |  |
| Asks pt to stand on the tiptoes and then on the heel |  |  |
| Asks pt to lie supine |  |  |
| Comments on skin colour, sinuses, scars, corns, calluses, ulcers |  |  |
| Comments on shape, alignment pes cavus or planus, deformity of toes hallux valgus, claw, hammer & mallet toes |  |  |
| Position: varus or valgus hindfoot deformity |  |  |
| ***Palpation*** |  |  |
| Ask if there is any pain |  |  |
| Feel the skin for the temp, any abnormal thickening on the soles  |  |  |
| Pulses dorsalis pedis, posterior tibial |  |  |
| Palpates bones, joints and the plantar aspect of the feet |  |  |
| ***Move*** |  |  |
| ***Ankle joint*** |  |  |
| Holds the heel and the forefoot correctly |  |  |
| Plantarflexes the foot (40) |  |  |
| Dorsiflexes the foot (25) |  |  |
| Compares the RoM to the other foot |  |  |
| ***Subtalar joint*** |  |  |
| Hold the foot correctly at 90 degress |  |  |
| Invert the foot (30) |  |  |
| Evert the foot (30) |  |  |
| Compares the RoM to the other foot |  |  |
| ***Midtarsal joint*** |  |  |
| Hold the heel and the forefoot correctly |  |  |
| Flex, extend invert and evert the forfoot |  |  |
| ***Toes***  |  |  |
| Flex extend each toe, locate any tenderness |  |  |
| Check the Achilles tendon |  |  |
| ***Completion*** |  |  |
| Asks to perform a vascular and neurological examination |  |  |
| Indicates need for tests eg hip, knee xrays, bloods |  |  |
| Thank pt |  |  |
| Offer to help pt dress ensure pt comfortable  |  |  |
| Summarise finding and offer differential |  |  |
| ***Global score*** |  |  |
| Examiner |  |  |
| Patient  |  |  |
| OVERALL |  |  |