

# Ankle & Foot Examination

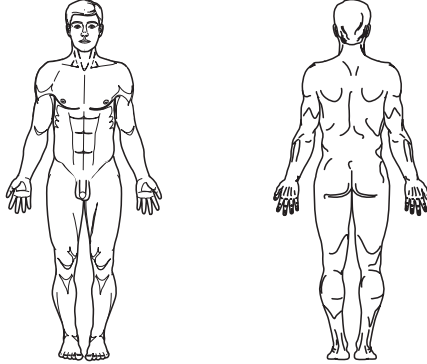
Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_ Examiner: \_\_\_\_\_

Vital Signs: Pulse: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ L R Respiration: \_\_\_\_\_ Temperature: \_\_\_\_\_

## Inspection/Palpation:

- P = Pain
- X = Trigger Points
- B = Bleeding
- S = Swelling
- C = Contusion
- L = Laceration
- H = Hot



## Muscle Testing/Myotomes:

Muscle	Strength	
	L	R
Hamstrings (L5):		
Medial		
Lateral		
Quadriceps (L2-4):		
Rectus Femoris		
Vastus Lateralis		
Vastus Medialis		
Sartorius (L2-3)		
Gracilis (L3)		
Tensor Fascia Lata (L5)		
Gluteus Min/Med (L5)		
Adductors (L4)		
Tibialis Anterior (L4)		
Tibialis Posterior (L4)		
Peroneus Long/Brev (L5)		
Peroneus Tertius (L5)		
Gastrocnemius (S1)		
Soleus (S1)		

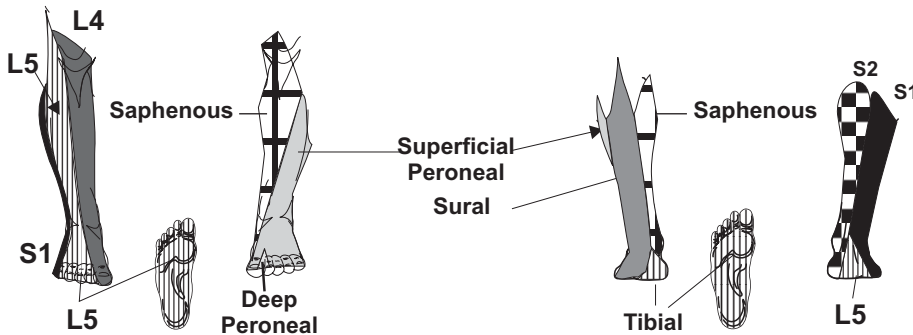
## Range of Motion:

Activity	Normal	Active	Passive
Plantar Flexion	50		
Dorsiflexion	20		
Inversion	45-60		
Eversion	15-30		
Great Toe Extension	70		
Great Toe Flexion	45		

## Nerve Supply (Skin):

Anterior

Posterior



Circumferential	L	R
Thigh		
Calf		

Pulses	L	R
Dorsalis Pedis		
Post. Tibial		

Functional Assessment	✓
Squatting	
Squatting on Toes	
Squatting & Bouncing	
Standing on One Foot At A Time	
Standing on Toes, 1 Foot At A Time	
Going Up & Down Stairs	
Walking on Toes	
Running Straight Ahead	
Running & Twisting	
Jumping	
Jumping & Full Squatting	

Orthopedic: \_\_\_\_\_

Neurological: \_\_\_\_\_

Antalgia: \_\_\_\_\_ Special: \_\_\_\_\_