

Ankle/Foot Physical Examination

Name _____

Date _____

Ankle/Foot

Inspection

Finding	Positive
Mass	
Swelling	
Discoloration	
Deformity	
Cicatrix	
Joint Play	
Bony Palpation	
Soft Tissue Palpation	
Gait Disturbance	
Shoe Wear	

Passive Range Of Motion

Ankle/Foot	Norm	Exam	Pain
Plantar Flexion	45		
Dorsi Flexion	25		
Subtalar Inersion	5		
Subtalar Eversion	5		
Forefoot Abd	20		
Forefoot Add	10		

Active Range Of Motion

Ankle/Foot	Norm	Exam	Pain
Plantar Flexion	45		
Dorsi Flexion	25		
Subtalar Inersion	5		
Subtalar Eversion	5		
Forefoot Abd	20		
Forefoot Add	10		

Orth/Neuro Tests

Test	Left	Right
Anterior Drawer		
Lateral Stress		

Muscle Strength

Test	Left	Right
Flexors		
Extensors		
Abductors		
Adductors		

5 = normal; full ROM, full resistance
 4 = good; full ROM, some resistance
 3 = fair; full ROM, against gravity
 2 = poor; full ROM, no gravity
 1 = trace; no motion, with contractility
 0 = zero; no motion, no contractility

