

Ankle and Foot History and Exam

Presented by Kristy Carranza, DC

Back to Chiropractic CE Seminars

Course Objectives:

1. To examine the anatomy and physiology of the ankle and foot joints as well as the surrounding osseous and soft tissues.
2. To evaluate common ankle and foot issues and injuries as well as the causes due to anatomical, postural, and habitual means.
3. To perform a thorough history of the ankle and foot, taking into account the Ottawa ankle rules and sprain grades.
4. To examine and perform examination procedures and observations of the ankle involving gait, posture, range of motion, muscle testing, and orthopedic testing.

Hour 1 and 2: History-taking of the ankle involving past history; mechanism of injury; current presentation and symptoms; and effect on daily activity.

Hour 3 and 4: Examination of the ankle involving gait, posture, active and passive range of motion, muscle testing, and orthopedic testing.