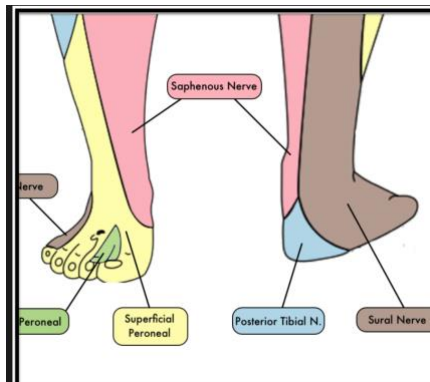


Ankle Exam

GLOBAL MARK			
CLEAR PASS	BORDERLINE PASS	BORDERLINE FAIL	FAIL

Criteria

Introduces Self, confirms patient identify, Washes hands,	2, 1
Offers analgesia, ensures comfort of patient	2
Offers chaperone	
Patient exposed – from fibula head to feet on both sides	
Inspects Erythema Scars Looks at achilles tendon	
Palpates Full length of fibula Medial and lateral malleoli up to 6cm Talus Calcaneum Achilles Identifies lateral ligament complex ATFL, PTFL, Calcaneal Fibular Ligament Deltoid ligament on medial side Foot – especially base of 5 th MT	
Checks sensation Dermatomes Medial ankle L4 Dorsum L5 Lateral Ankle and sole S1  Peripheral nerves Saphenous medial aspect of ankle Posterior Tibial heel Sural Lateral aspect of ankle Superficial peroneal top of foot Deep peroneal 1 st web space	
Move – active and passive Dorsiflexion 15 Plantar flexion	
Anterior draw test	

<p>Knee joint slightly flexed Ankle plantar flexed 10-15 degrees Hold the heel and stabilize the fibula with your other hand and pull tibia towards you.</p>	
<p>Talar tilt test Knee hanging off the end of the table Invert and evert foot on plantar flexed and in anatomical position. Compare to the other side.</p>	
<p>Simmonds – for achilles rupture</p>	
<p>Assess gait</p>	
<p>Summarises, asks to examine joint above and below Suggests XR or not.</p>	
<p>Provides management plan</p>	
<p>Thanks patient</p>	

Tom Bircher 2019