FOOT AND ANKLE EXAMINATION

Nijil Vasukutty
SpR, T&O
INSPECTION

- History

- Exposure

- Clues - walking aids
  - external appliances/shoes
INSPECTION

- Front
- Medial
- Behind
- Lateral
INSPECTION

LOOK FOR –
- Deformity,
- Attitude
- Skin conditions
- Swelling
- Scars
- Contour
- Wasting
INSPECTION

- Knee alignment
- Rotation of foot
- Splaying
- Arch
- Valgus/Varus
- Calf muscle
- Tendo Achilles
- Equinus def.
Bilateral hallux valgus
Ankle swelling
GAIT PATTERN

- Stiff ankle
- Foot drop
- Fixed equinus
- Calcaneus gait
- Double heel raise test
- Single heel raise test
Foot drop
Equinus foot
PALPATION

- Tenderness
- Temperature
- Bony landmarks
- Muscles and tendons - TA
- Joint and ligaments
Tendo Achilles rupture
Symonds test
MOVEMENTS

- Ankle joint
- Subtalar joint
- Midtarsal joints
- Small joints of toes
- Joint stability
Subtalar Function

Eversion

Inversion

5°↑

15°↑
For completeness

- Neurovascular status
- Knee and spine examination
- Radiological assessment
Clubfoot
Talipes calcaneus
Flat foot (pes planus)
Pes cavus
Hallux valgus
Splay foot
March fracture
Freiberg’s disease
Morton’s neuroma
Mallet toe
Rheumatoid feet
THANK YOU