

Introduction to Clinical Skills

Practical – Ankle ROM

Recap – Ankle osteology

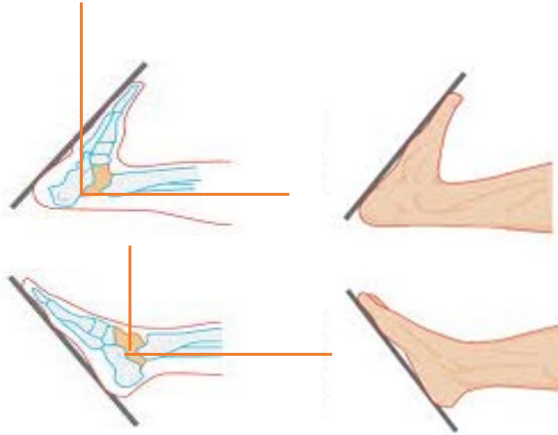
- Malleoli
- Metatarsals
- Talar dome
- Sustentaculum Tali
- Medial Ligament
- Lateral Ligament
- Syndesmosis

Learning Objectives

- Understand and know the relevant ankle ROM
- Be aware of how the ankle joint articulates and the movements involved
- Know the planes and axis of movement for the joint

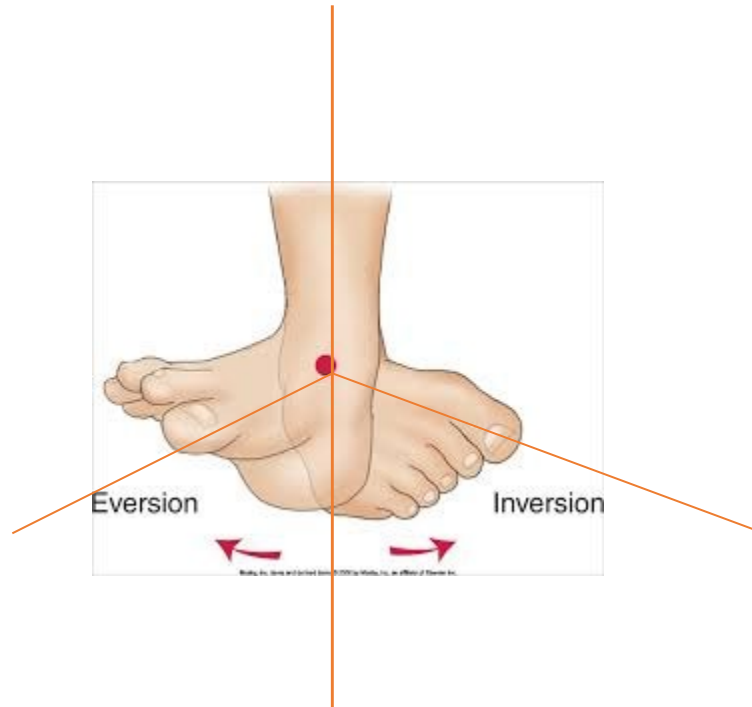
Talocrural Joint

- Dorsiflexion
 - 0 to 10-30°
- Plantar flexion
 - 0 to 45-65°



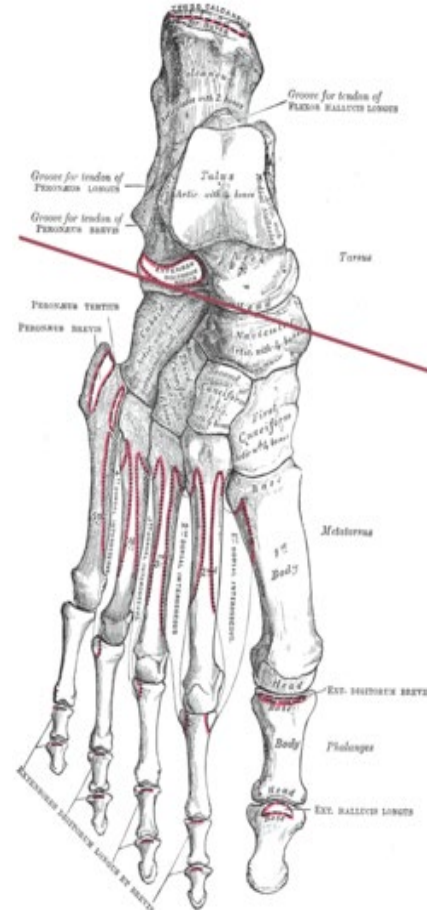
Sub Talar Joint

- Sub Talar (ST) Inversion and Eversion
- ST Inversion: 0 to 30-50°
- ST Eversion: 0 to 15-30°



Mid Tarsal Joint

- Inversion
- Eversion
- Assessed in Plantar Flexion (more ROM in MT joint)
- Poly-axial joint
- More functional
- No normative values
- Bilateral comparison



Calcaneus and Cuboid, Talus and Navicular

PROM

- Talocrural
 - Plantarflexion (springy)
 - Dorsiflexion (hard to springy)
- SubTalar
 - Inversion (springy)
 - Eversion (springy)
- Midtarsal (wringing)
 - Inversion (springy)
 - Eversion (springy)
- Ask Patient to move to AROM
- Hold joint closely
 - One hand above
 - One hand below
- Apply overpressure to end range
- Note
 - Pain
 - Resistance
 - End Feel
 - Hard (bony)
 - Springy (ligamentous)
 - Spft (Soft Tissue)