



SHSS5062 E&A Ankle Protocol

1. Observation

- Need to be in shorts.
- T-shirts, shoes and socks off
- Observe from back, front & both sides.
- Should be whole body observation, but paying particular attention to lower leg/foot.

2. Quick Touch

- Bilateral comparison
- Back of hand

3. Range of Movement

- Bilateral comparison
- AROM
- PROM (end range with O/P)
- RROM (end range with O/P, client resists O/P)
 - Plantarflexion & Dorsiflexion
 - Inversion & Eversion
 - Sub-talar (neutral)
 - Mid-tarsal (plantarflexion)

4. Manual Muscle Tests

- Bilateral comparison
- Tibialis anterior
- EHL
- EDL
- Peroneus longus and brevis (group)
- Tibialis posterior
- FHL
- FDL
- Soleus
- Gastrocnemius

5. Ligament Stress Tests

- ATFL
- CFL
- PTFL
- Deltoid complex

6. Palpate

Malleoli, joint line, sub talar joint line, tarsals, calcaneum, phalanges, metatarsals, all associated muscles and tendons

7. Joints above & below

- Bilateral comparison
- Active movements
 - Knee and toes

8. Special Tests

Ligaments

- Talar tilt
- Anterior drawer
- Achilles rupture**
 - Thompsons test

Tarsal tunnel

- Tinel's

Syndesmosis

- Squeeze test
- Screw test

ROM

- Passive Dorsiflexion (KTW)

9. Functional

- Strength endurance
- Proprioception
- Walk, jog, squat, jump, landing, kicking etc