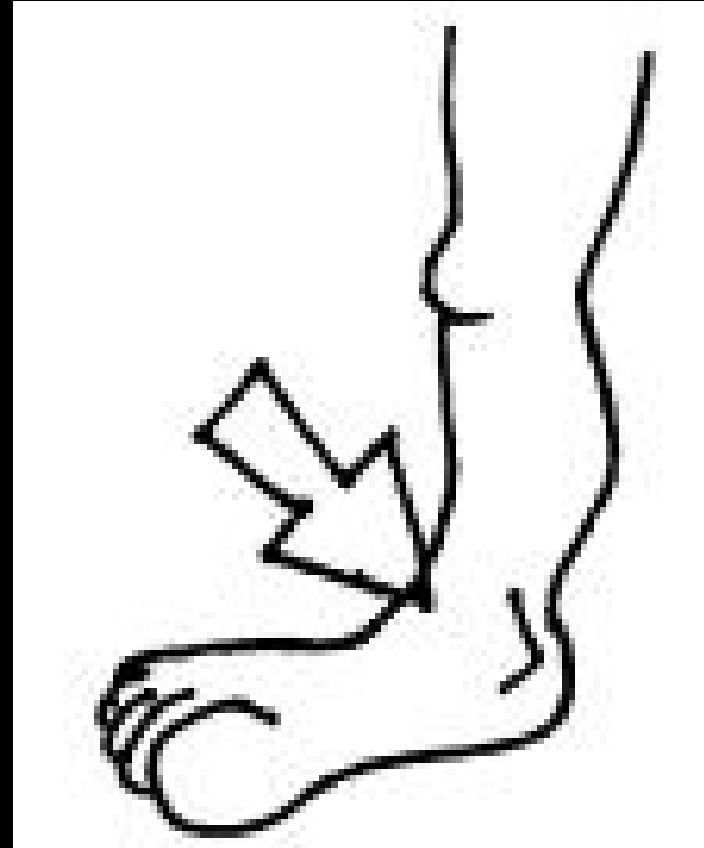


Evaluation of the Ankle and Lower Leg



HISTORY

*Remember the
questions from
lecture #2?*



OBSERVATION

*Remember what to
look for from lecture
#2?*



PALPATION

- Let's break the body up into 4 areas
 - Lateral
 - Anterior
 - Medial
 - Posterior
- Use Bony Landmarks to Identify Structures
- Start from proximally and work distally

Lateral

- Head of Fibula
 - Peroneus Long.
 - Peroneus Brev.
- Shaft of Fibula



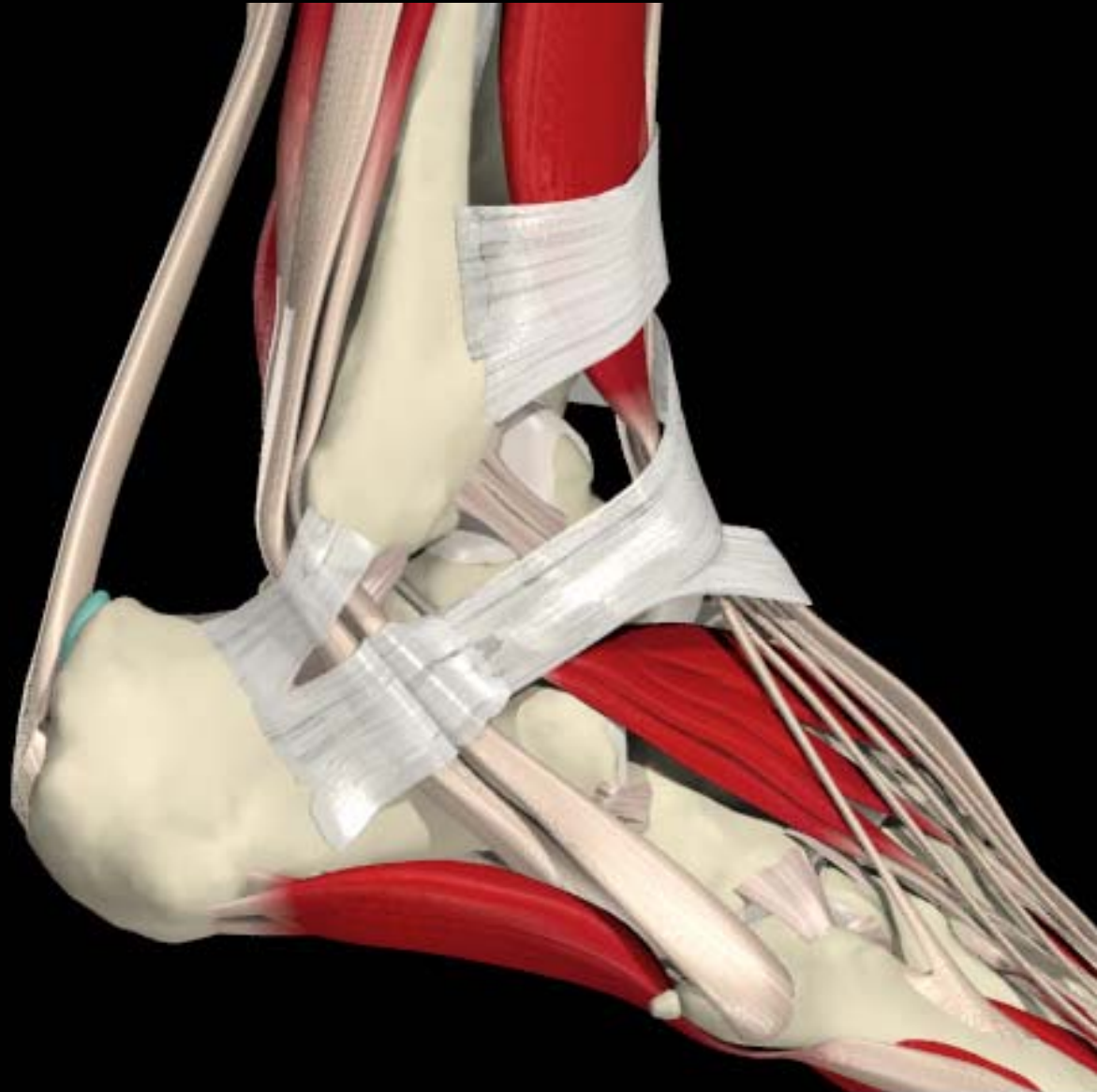
Lateral

- Shaft of Fibula
 - Ant Tib-Fib Lig
 - Interosseous Membrane
- Lateral Malleolus
 - CFL
 - ATL



Lateral

- Shaft of Fibula
 - Superior Peroneal Ret.
- Base of 5th MT



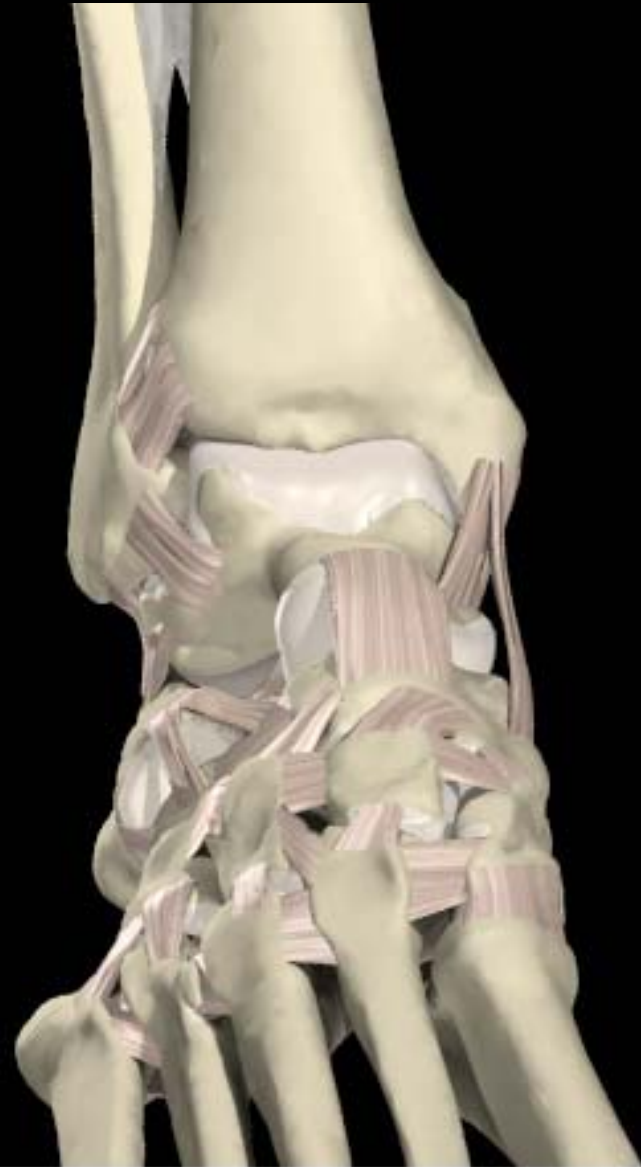
Anterior

- Anterior Tibial Shaft



Anterior

- Dome of Talus



Anterior

- Ant Tibial Shaft
 - Tibialis Ant
 - Ext Hallicus Long
 - Ext Digit Long
- Dome of Talus
 - Extensor Ret
 - Dorsal Pedis



Medial



Interactive Foot and Ankle 2 © 2001 Primal Pictures Ltd

Medial

- Medial Malleolus
 - Deltoid Ligament
- Sustentaculum Tali
 - Spring Ligament



Medial

- Medial Malleolus
 - Flex Hallicus Long
 - Flex Digitorum Long
 - Tibialis Posterior



Interactive Foot and Ankle 2 © 2001 Primal Pictures Ltd

Posterior



Interactive Foot and Ankle 2 © 2001 Primal Pictures Ltd

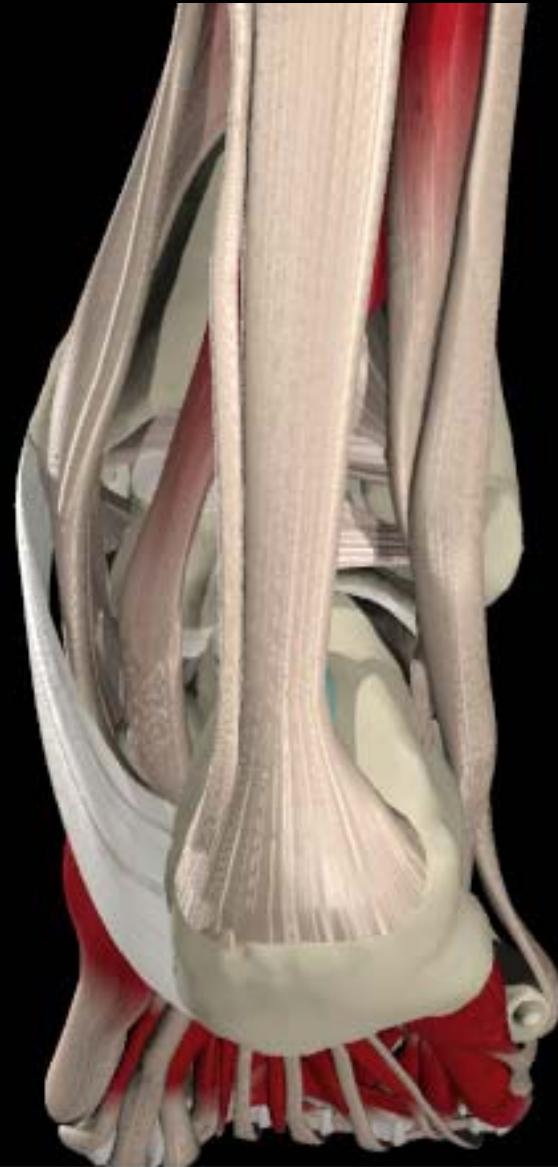
Posterior



Interactive Foot and Ankle 2 © 2001 Primal Pictures Ltd

Posterior

- Gastroc-Soleus
- Achilles Tendon
- Calcaneal Bursae



STRESS

- Bone
- Joint
- Muscle / Tendon
- Nerve
- Vascular

Evaluating an Injury

**Where is
It?**

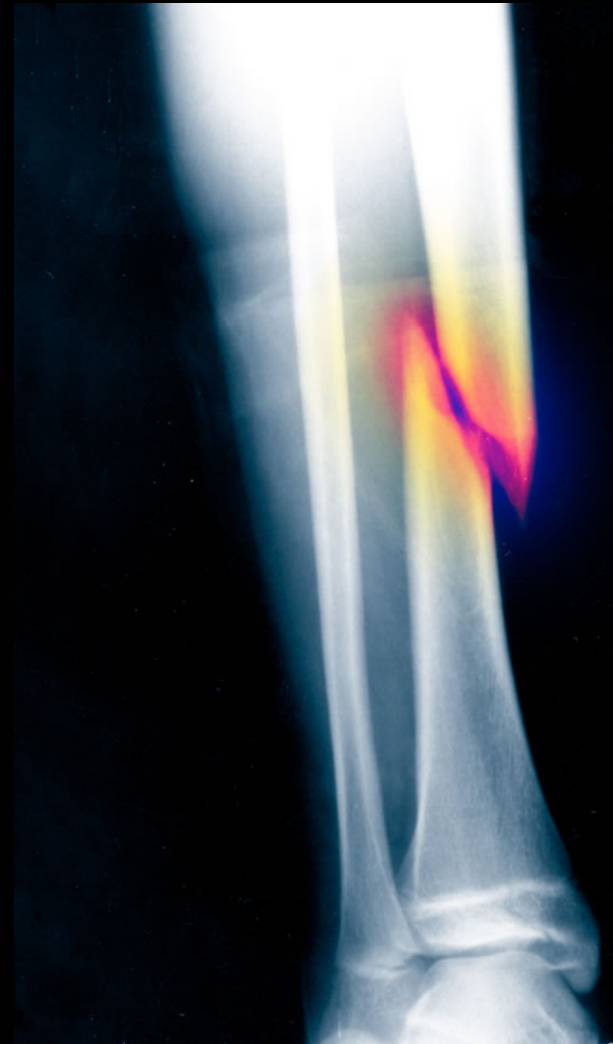
**What Does it
Do?**

**How Does it
Get Damaged?**

**How do
I test it?**

Bones





BONE – Bump Test



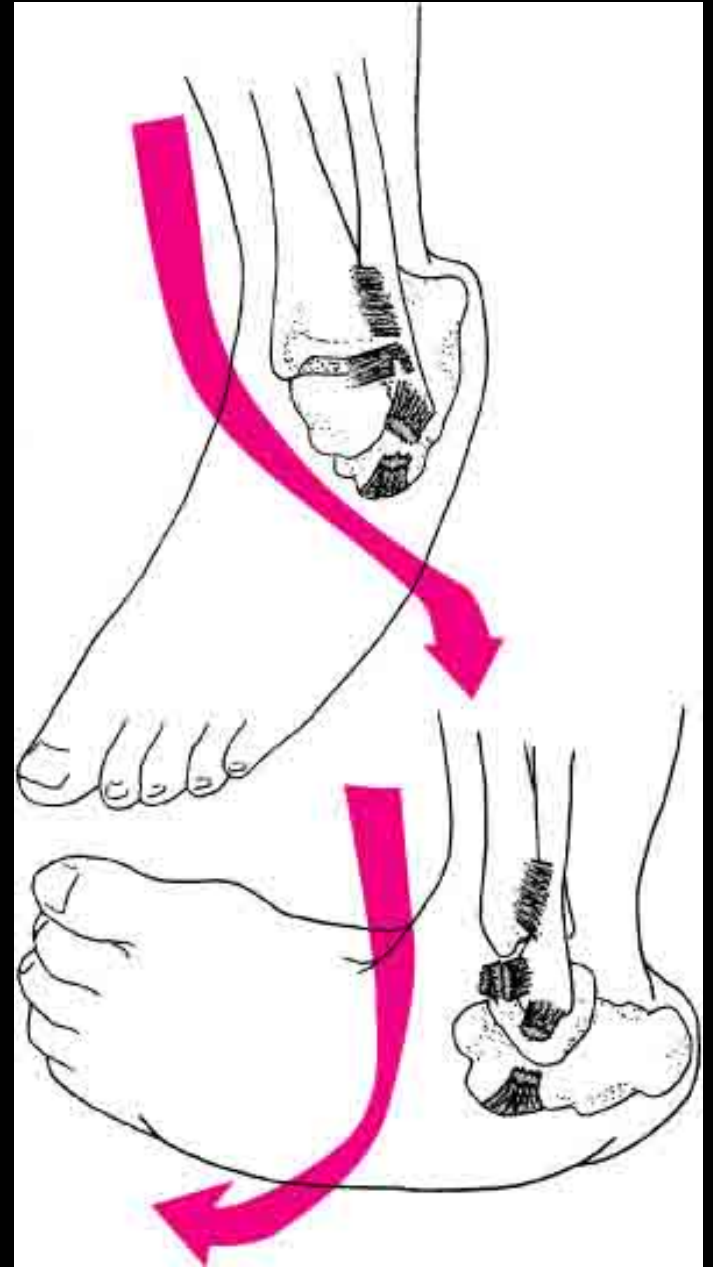
Bone – Squeeze Test

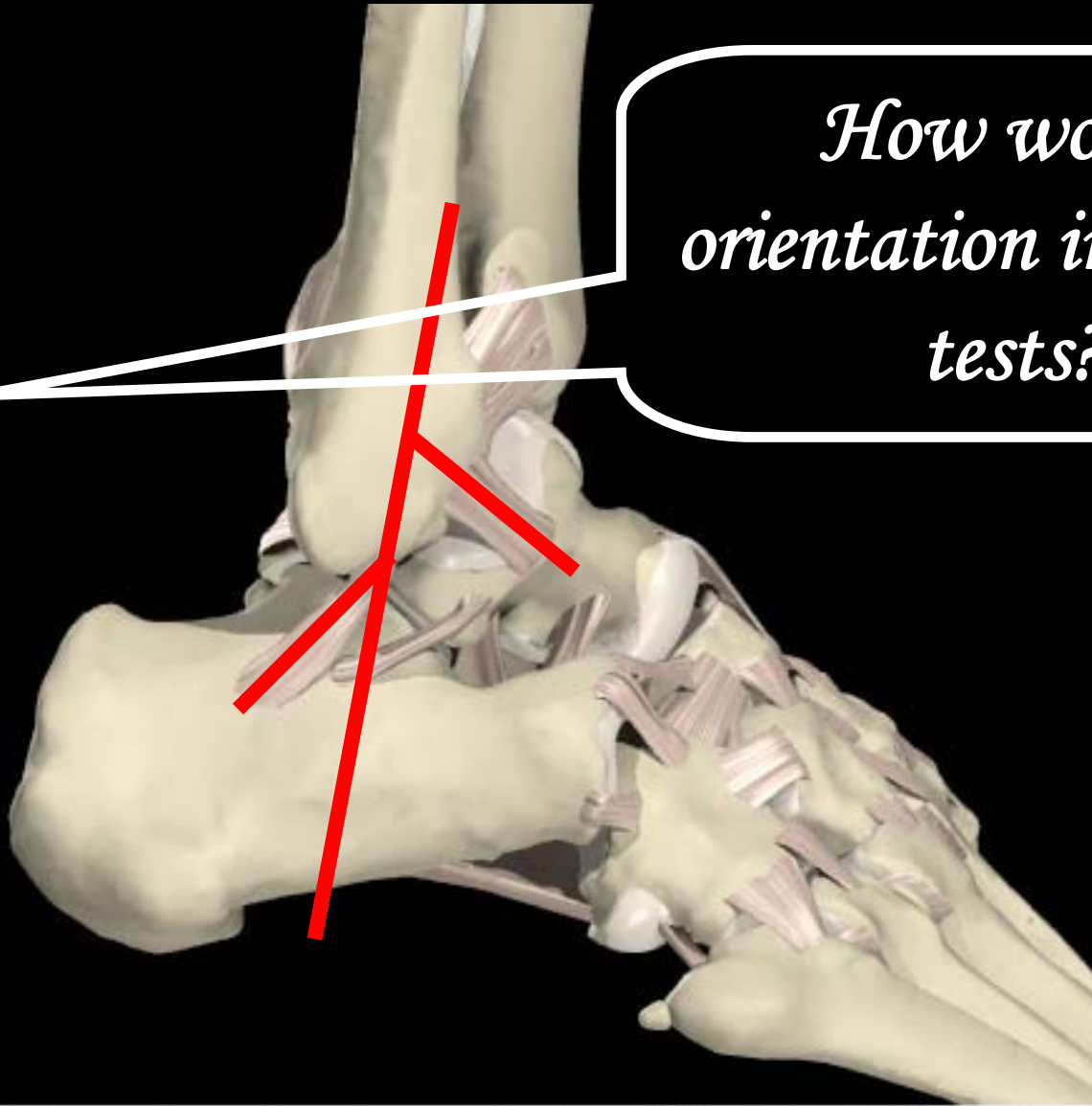


Joints



Interactive Foot and Ankle 2 © 2001 Primal Pictures Ltd



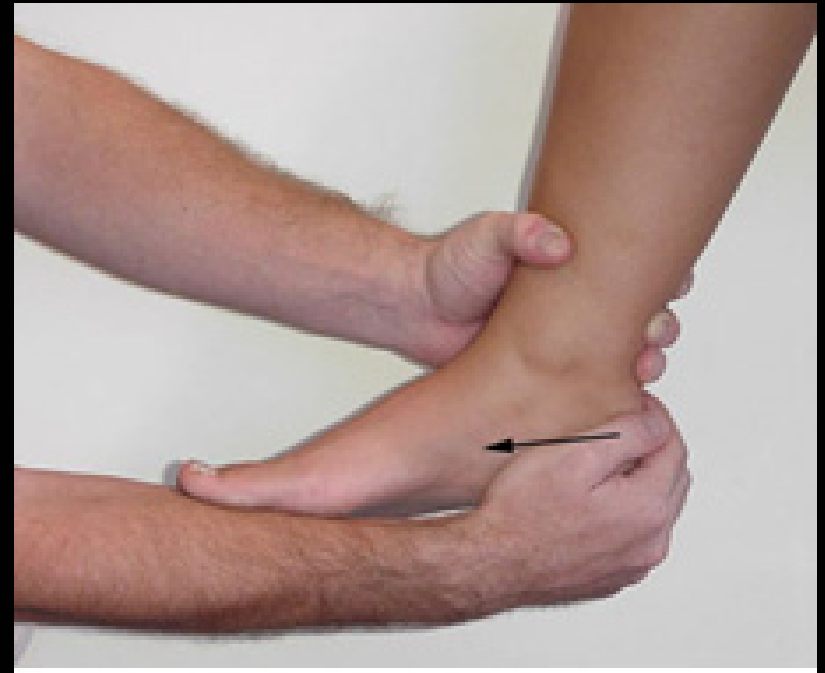


*How would
orientation influence
tests?*

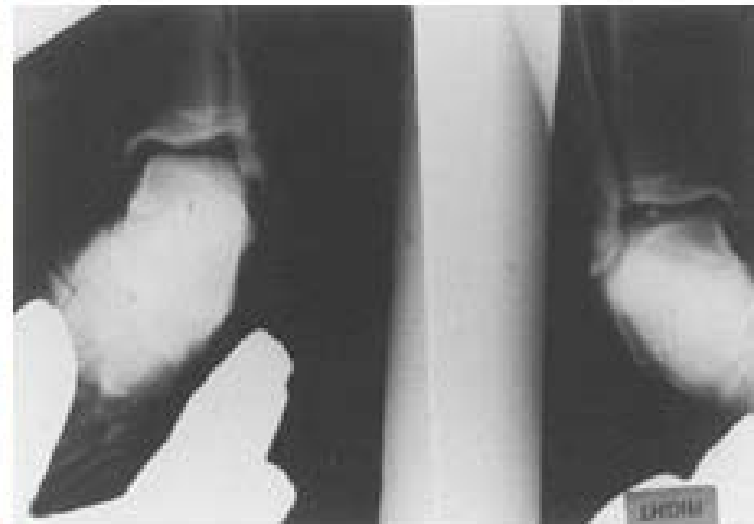
Interactive Foot and Ankle 2 © 2001 Primal
Pictures Ltd

JOINTS –

Anterior Drawer Test

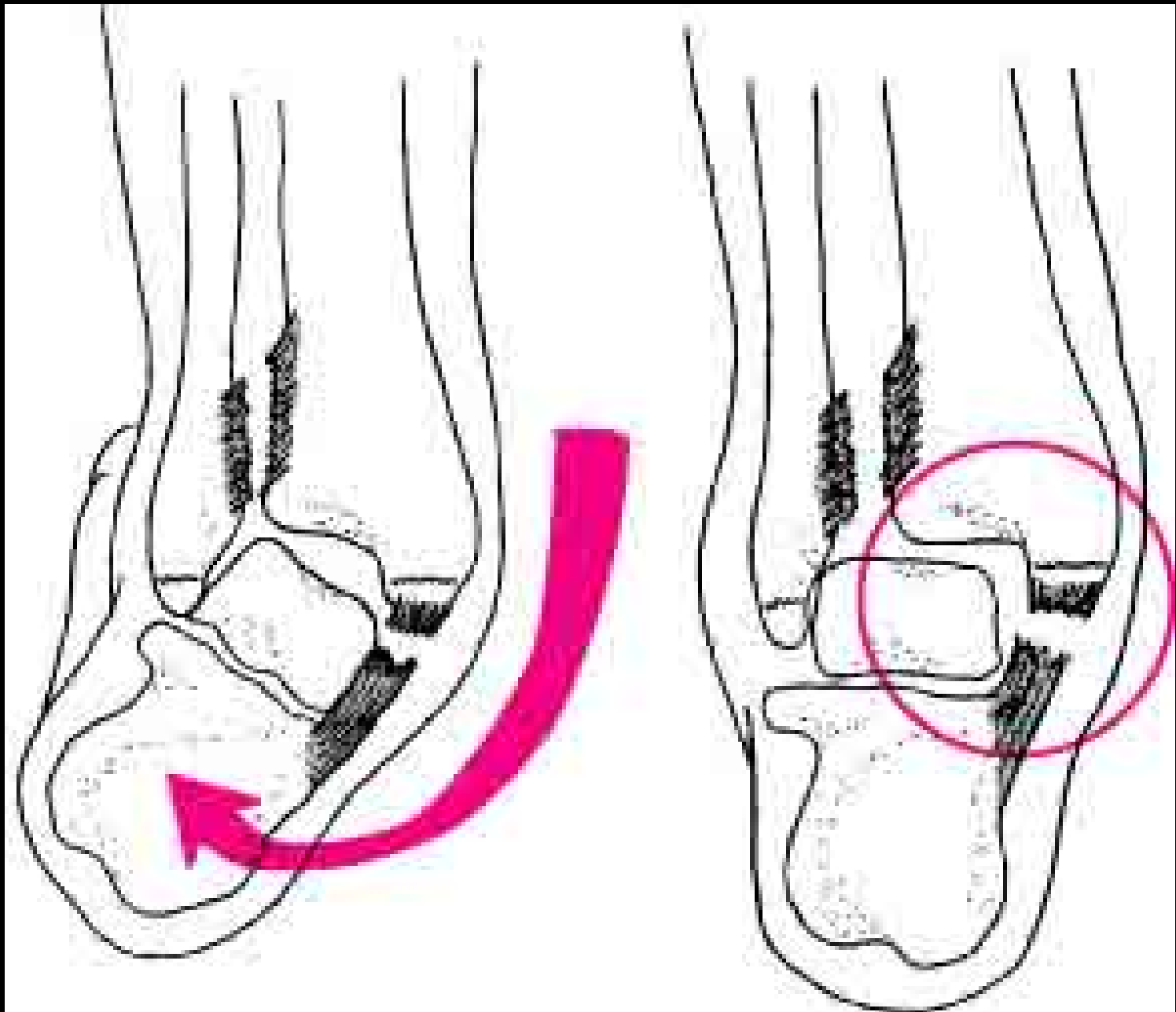


Inversion Talar Tilt





Interactive Foot and Ankle 2 © 2001 Primal Pictures Ltd



Eversion Talar Tilt







Interactive Foot and Ankle 2 © 2001 Primal Pictures Ltd



Kleiger's Test



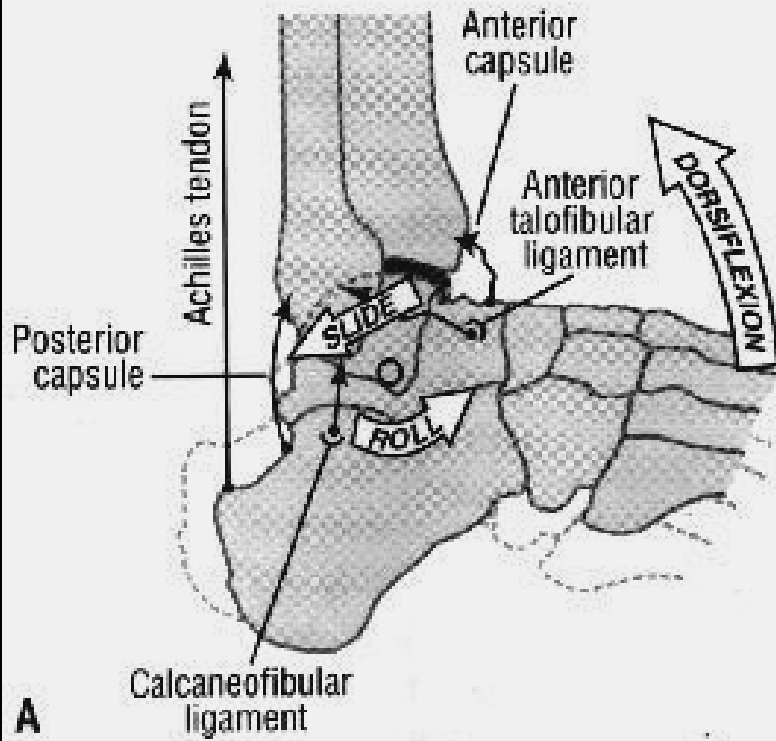
Squeeze Test - Revisited

*Where's
the pain?*

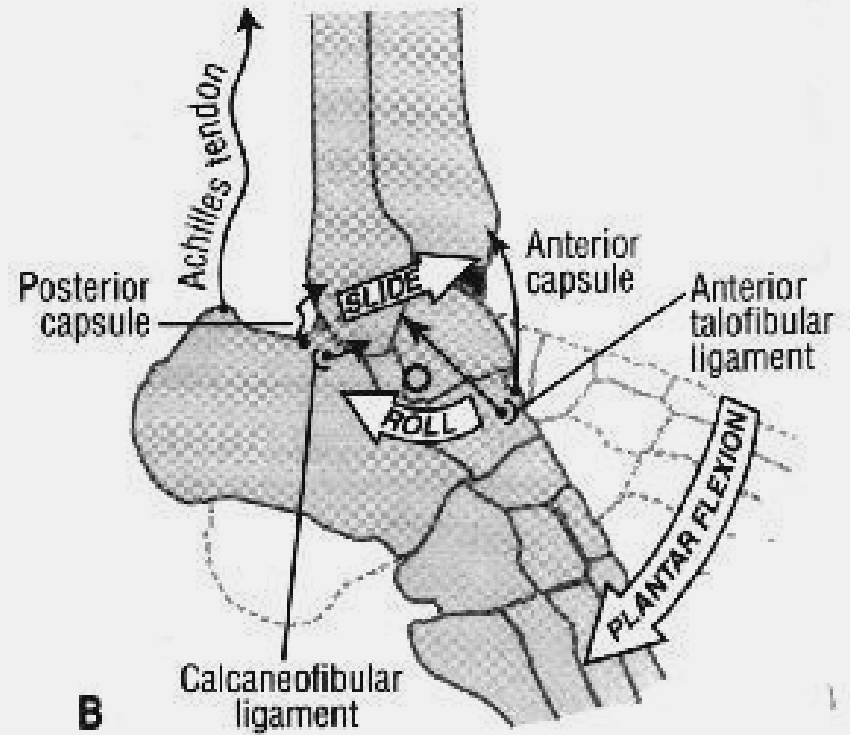


Talocrural joint

DORSIFLEXION

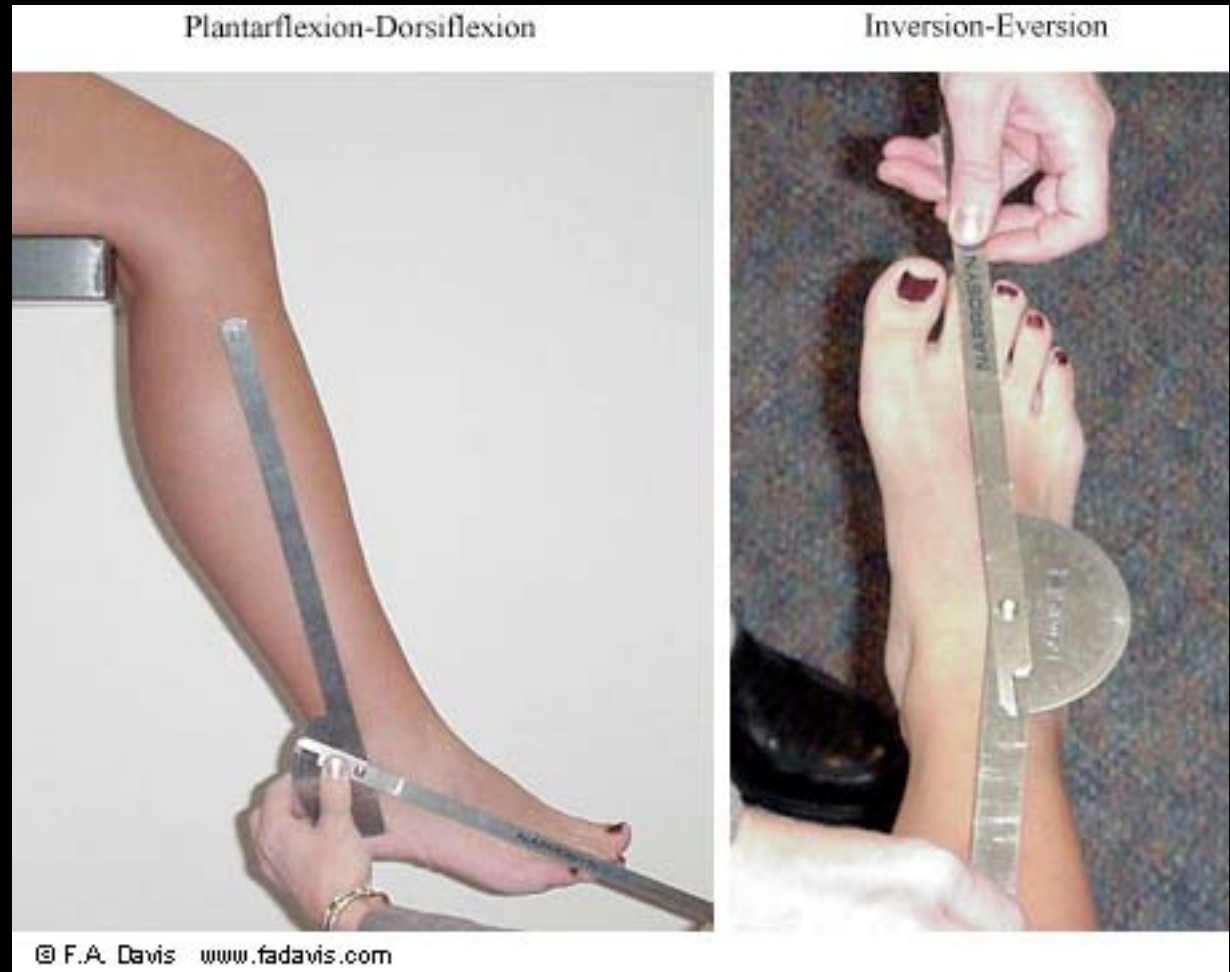


PLANTAR FLEXION



RANGE OF MOTION

- Axis of Rotation
- Motion Available



MUSCLE



Muscle Actions

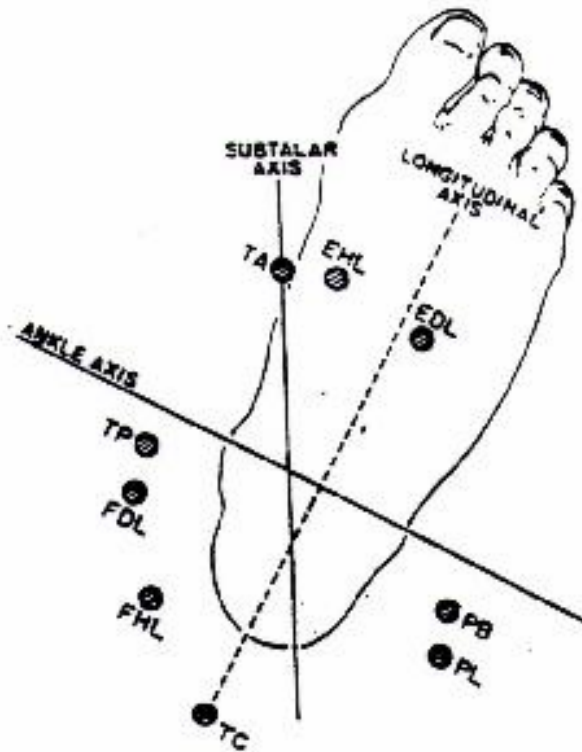


Figure 9

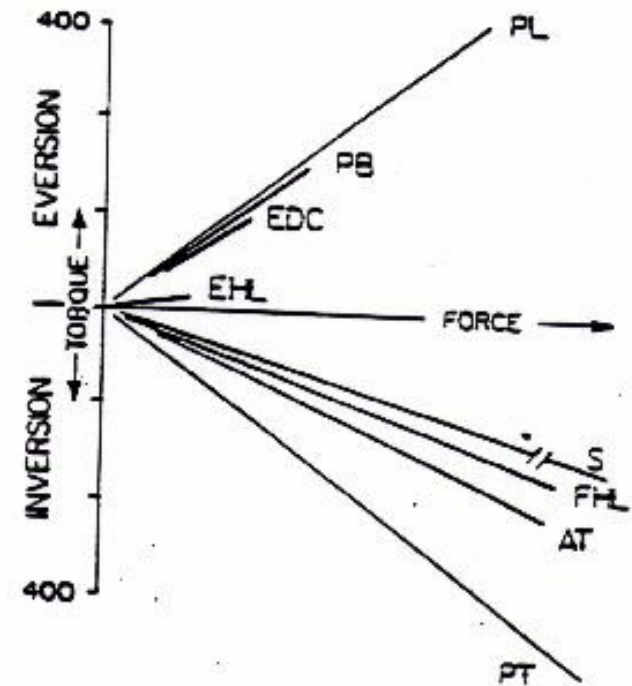


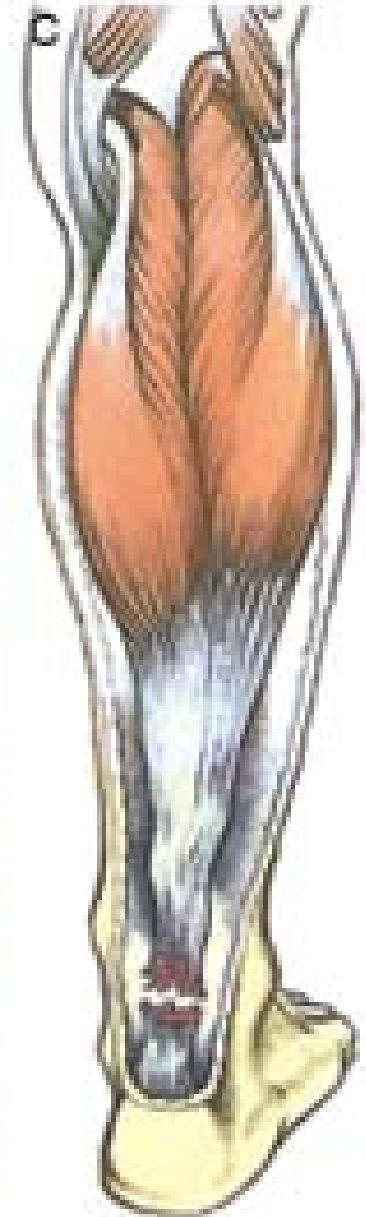
FIG. 4. Muscle action on the subtalar joint. Angle represents relative effectiveness as an inverter or evertor. Length of line indicates relative force. PL = peroneus longus; PB = peroneus brevis; EDC = extensor digitorum communis; EHL = extensor hallucis longus; S = soleus (actual length 5 times that shown); FHL = flexor hallucis longus; AT = anterior tibia; PT = posterior tibia.



A



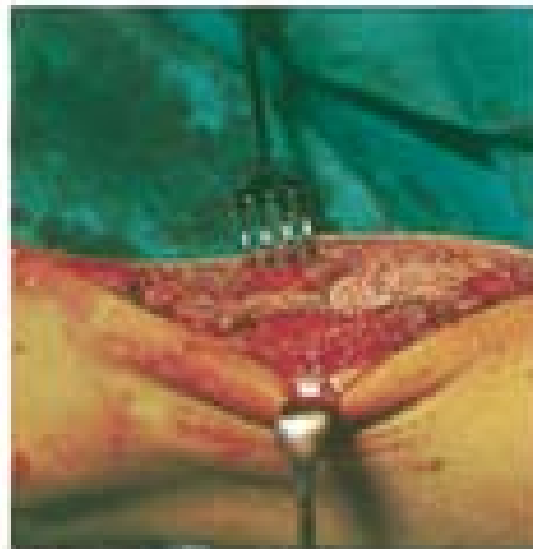
B



C

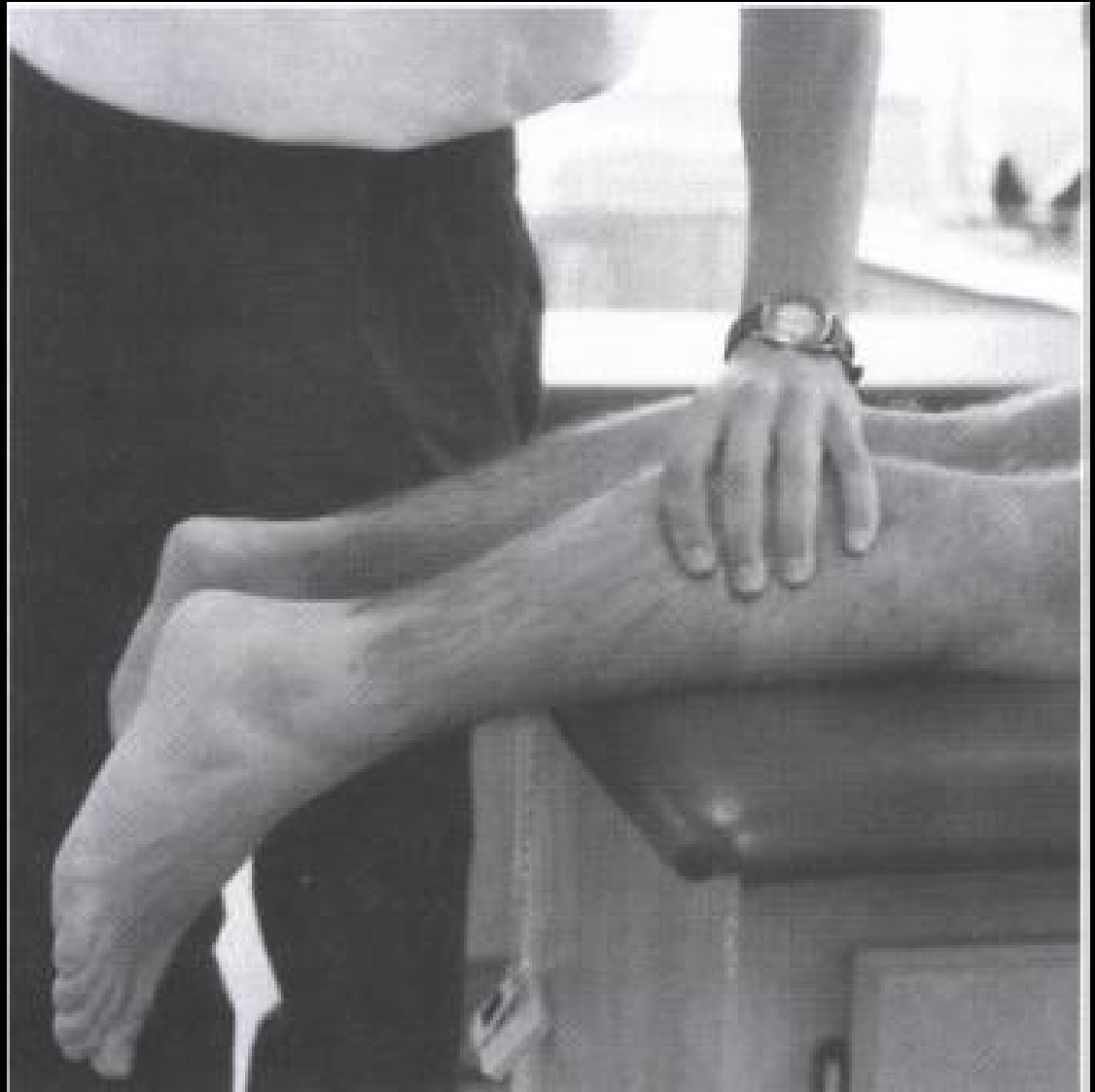


D




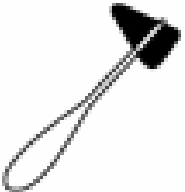
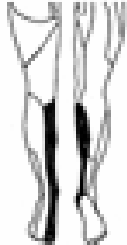

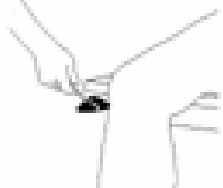
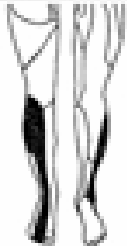

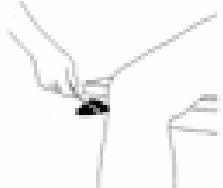
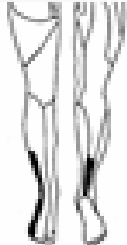

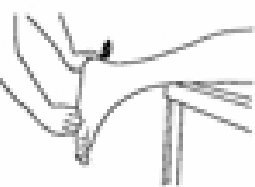


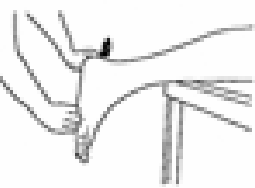


E

Thompson Test



NERVE

			
Nerve Root Level	Sensory Testing	Motor Testing	Reflex Testing
L4		 <p>Deep peroneal n.</p>	 <p>Patellar t.</p>
L5		 <p>Deep peroneal n.</p>	 <p>Patellar t.</p>
S1		 <p>Tibial n.</p>	 <p>Achilles t.</p>
S2	 <p>P. femoral cutaneous n.</p>	 <p>Intrinsic foot/toe muscles Lateral plantar n.</p>	 <p>Achilles t.</p>

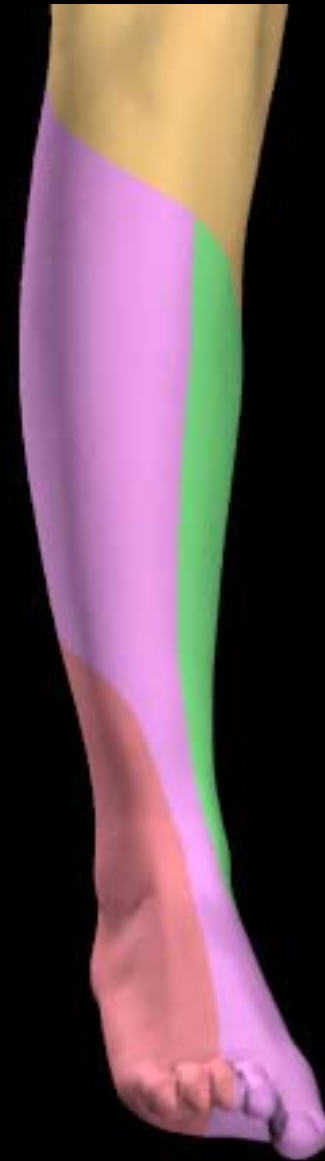
Dermatomes

L4

L5

S1

S2



Interactive Foot and Ankle 2 © 2001 Primal Pictures Ltd

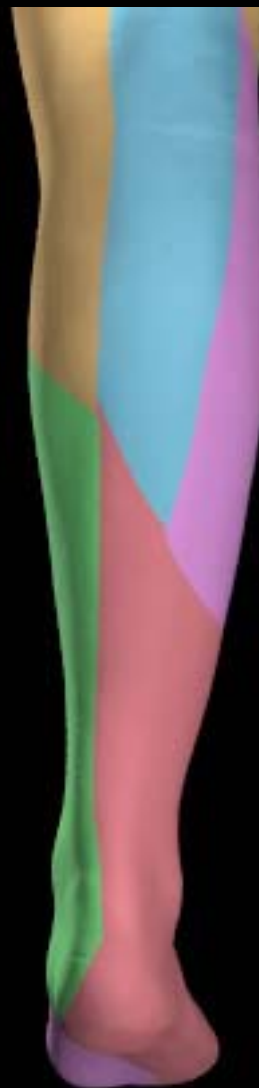
Dermatomes

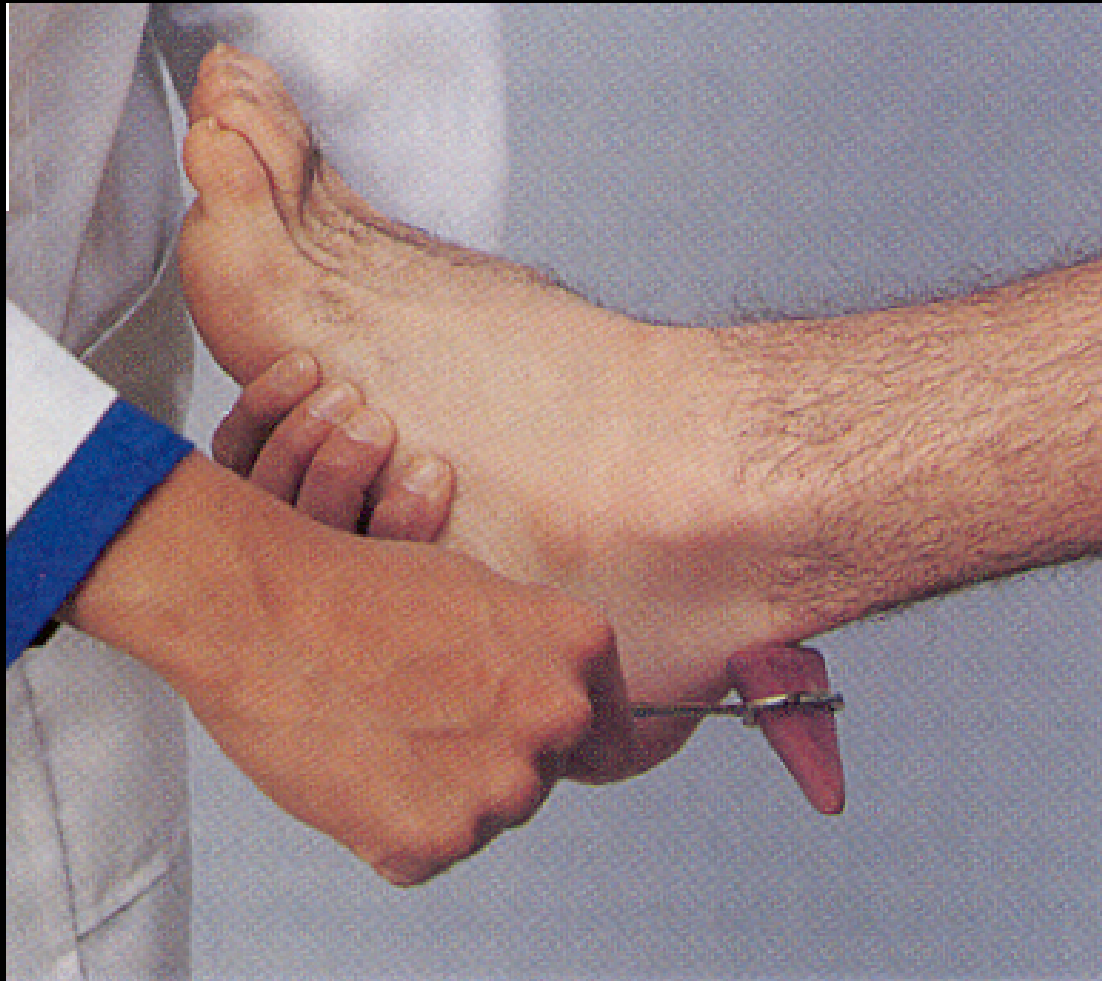
L4

L5

S1

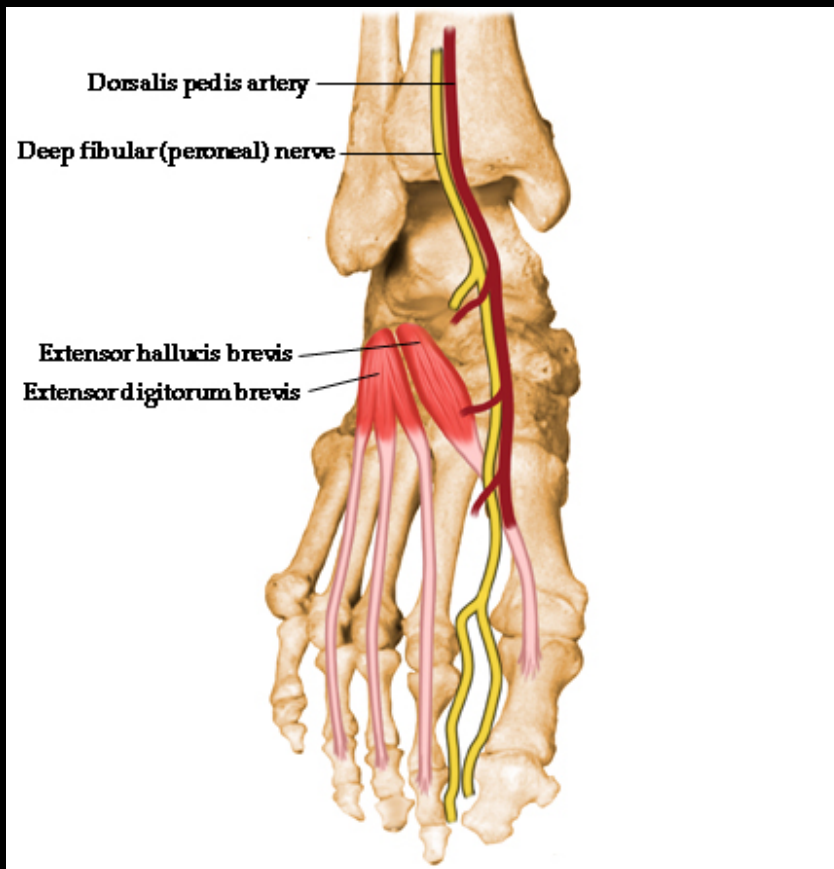
S2





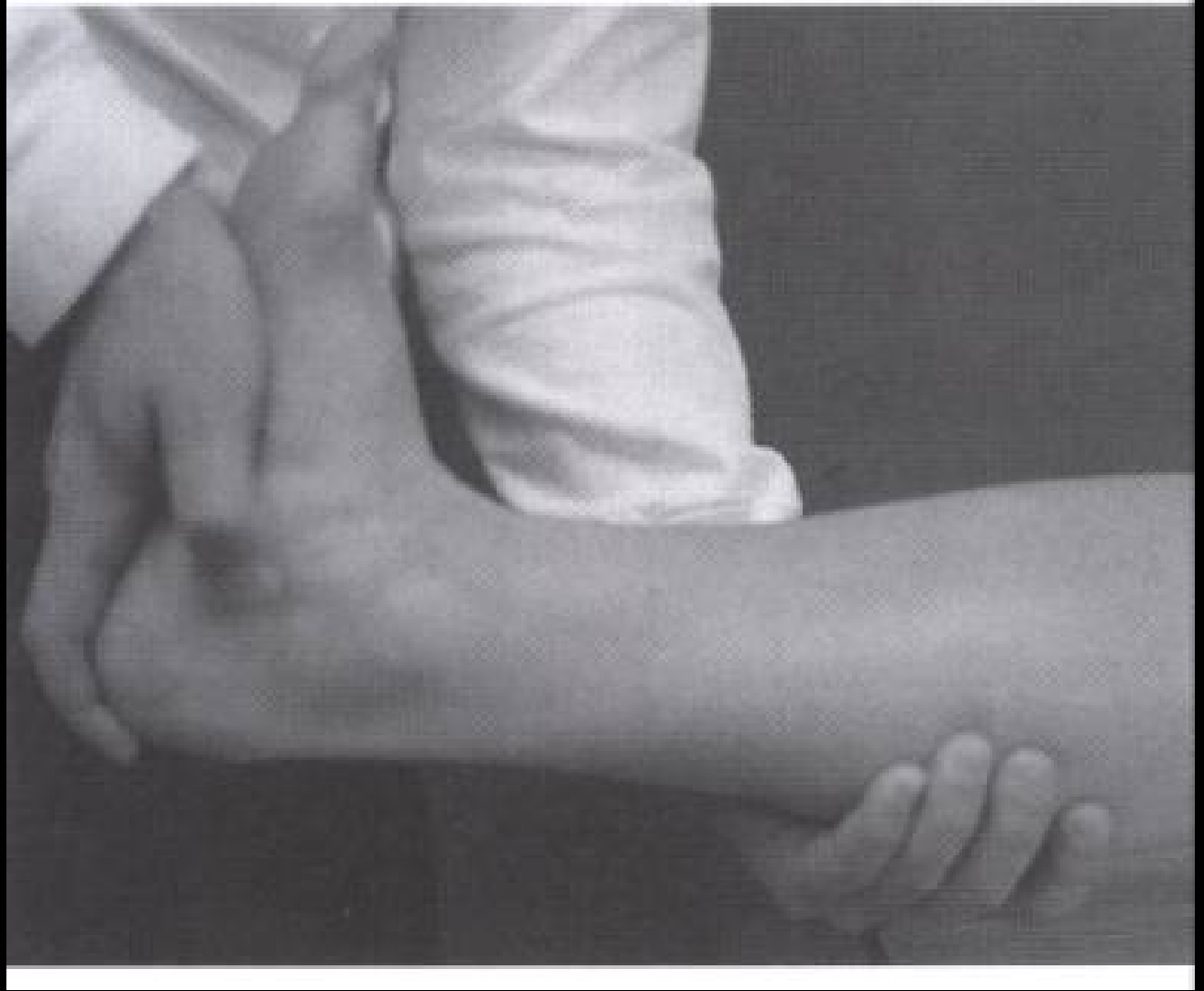
VASCULAR

Posterior Tib

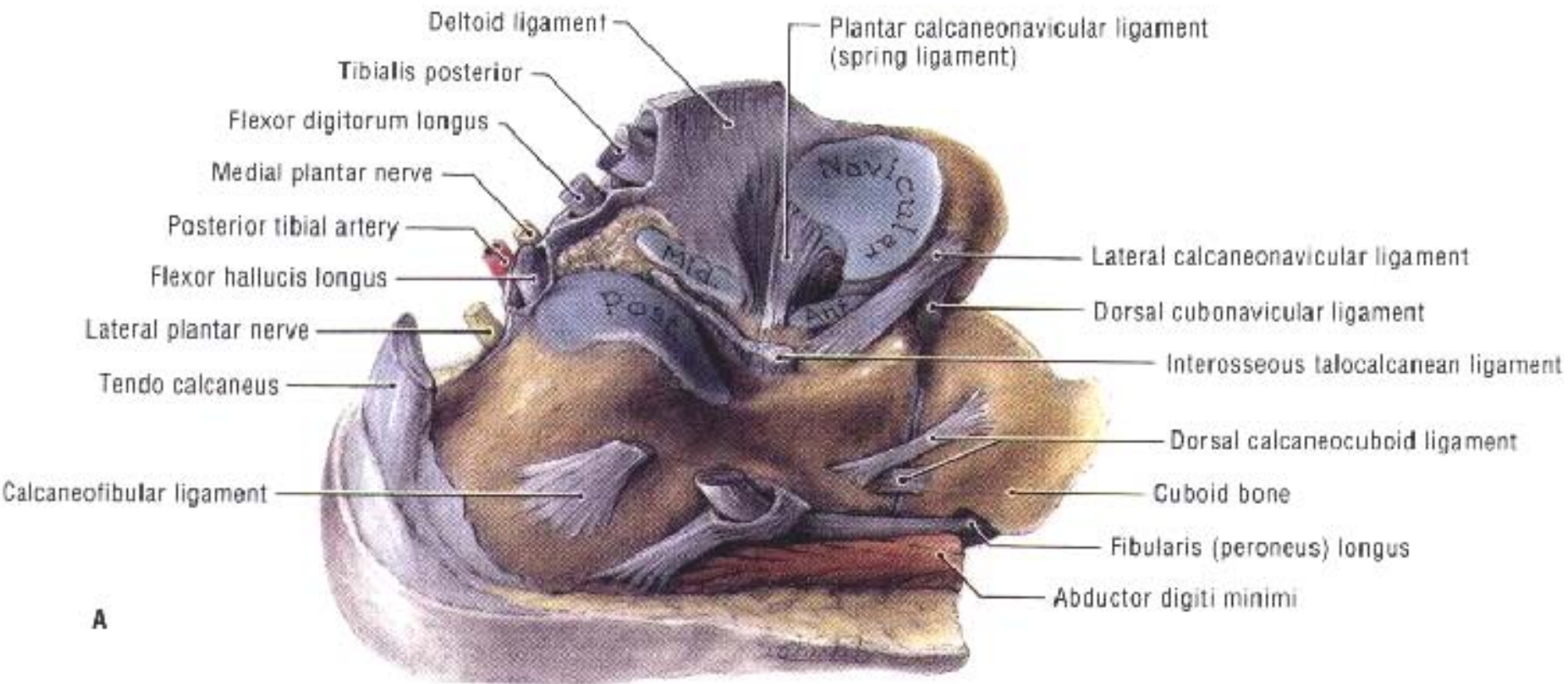


Dorsal Pedis

Homan's Sign



Questions?



A