

Ankle & Foot Examination

Prepare patient

- Introduction
- Position with knees to toes exposed

General Principles of Joint Exam

Check if any pain, then look, feel, move, measure & compare with other side, & assess function.

Look

General inspection

- Obvious other joint disease

Specific

- Muscle wasting
- Skin - Scars, swelling, inflammation
- Toenails - pitting (psoriasis)
- Deformities - hallux valgus, clawing, toe crowding (all common in RA) sausage toes (psoriasis, Reiter's, ankylosing spondylitis)
- Arches of foot - transverse & longitudinal
- Calluses over metatarsal heads

Feel

Ankle: Tenderness and swelling around malleoli, Achilles tendon (for RA nodules, tendonitis or rupture)

1st MTPJ: Acute gout (inflammation, tophi)

Sole of foot: Plantar fasciitis (heel), Morton's neuromas (just proximal to 3rd & 4th MTPJs)

Move

Talar (ankle) joint (grasp midfoot in one hand and support back of ankle with other)

- Dorsiflexion (20°)
- Plantar flexion (50°)

Subtalar joint (grasp forefoot in one hand and fix ankle with other)

- Inversion & Eversion - note tenderness

Midtarsal joint (grasp forefoot in one hand and fix hindfoot with other)

- Twist forefoot - note tenderness

MTPJs

- Squeezing 1st & 5th joints together - note tenderness

IPJs

- Flexion & extension - note tenderness

Function

Simmond's test for Achilles rupture.

Ability to walk/Gait