

Foot & Ankle Examination

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My Respects



& Huge Thanks



RIP

21/1/1954 -
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Miss you



Feet- Facts





Those Foot bones

- 26 bones (52 both feet)
- 33 Joints
- 25% of Body Bones
- >100 ligaments, tendons and muscles





The walk of Life



- 10000 steps per day
- 1,000,000 steps per year
- 115,000 miles in life time
- 3-4 times body weight – during running

Beauty is Pain

- Women have about 4 times as many foot problems as men



Ladies



- Women walk 3 miles further than men everyday
- A study called “If the shoe fits, wear it” found that nine out of ten women are wearing shoes that are too small.

Do you know.....?

- One foot is of different size of the other.
- Best to buy shoes in the afternoon
- Try both shoes



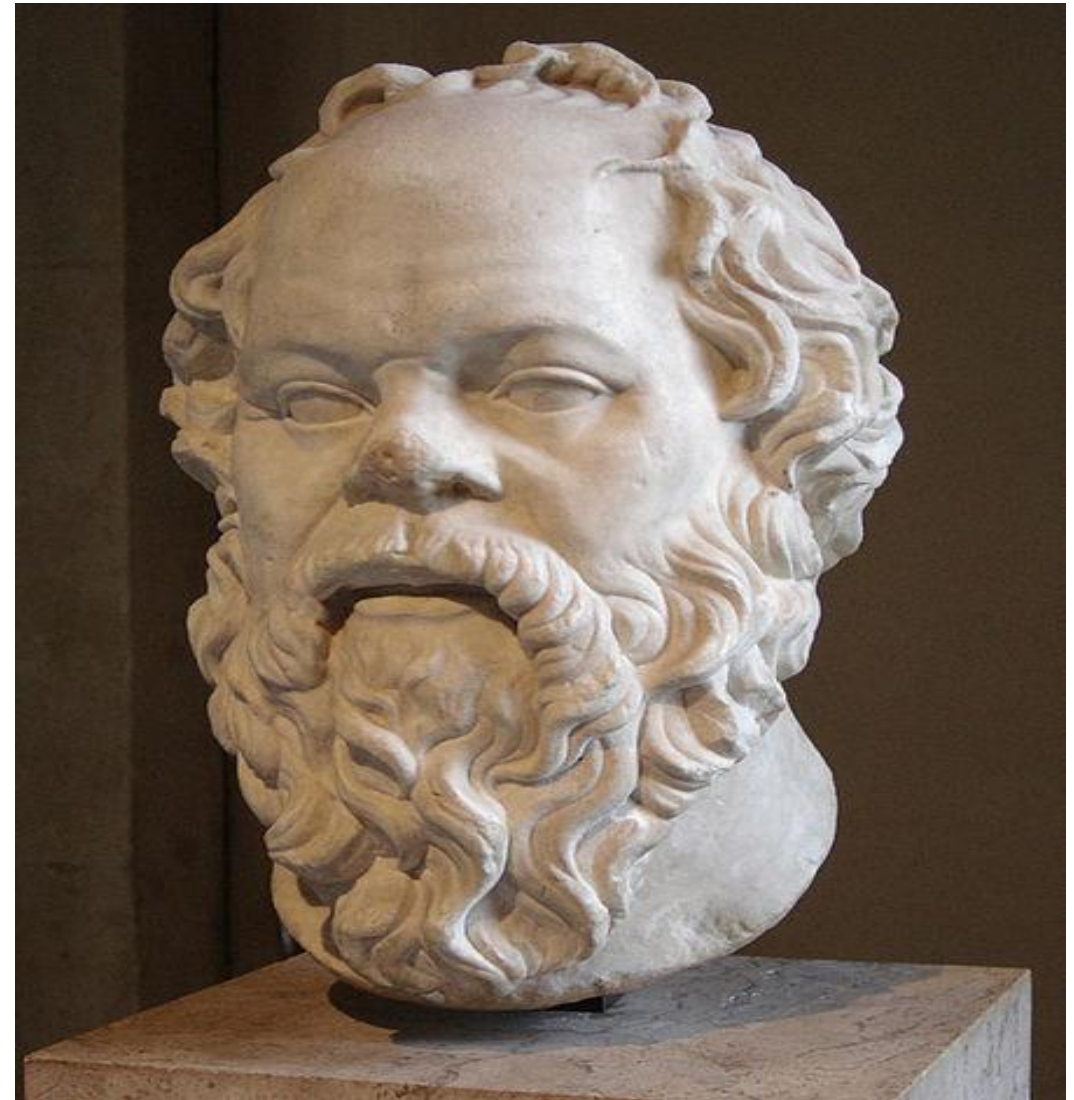
Rising Damp

- 250,000 sweat glands are in feet
- Excrete $\frac{1}{2}$ pint of moisture every day



A philosopher's thought

- “When our feet hurt, we hurt all over”.





F&A Examination

- Look
- Feel
- Move
- Special Tests





How I examine ?



F&A Examination Made Easy



Aim





F&A Examination

- History
- Examination
- Investigation



History

Back To Basics



History

- Position
 - Anatomical Location
- Quality
 - Sharp/Dull/Burning
- Radiation
 - To Toes /Up leg
- Shoes / Severity
- Timing



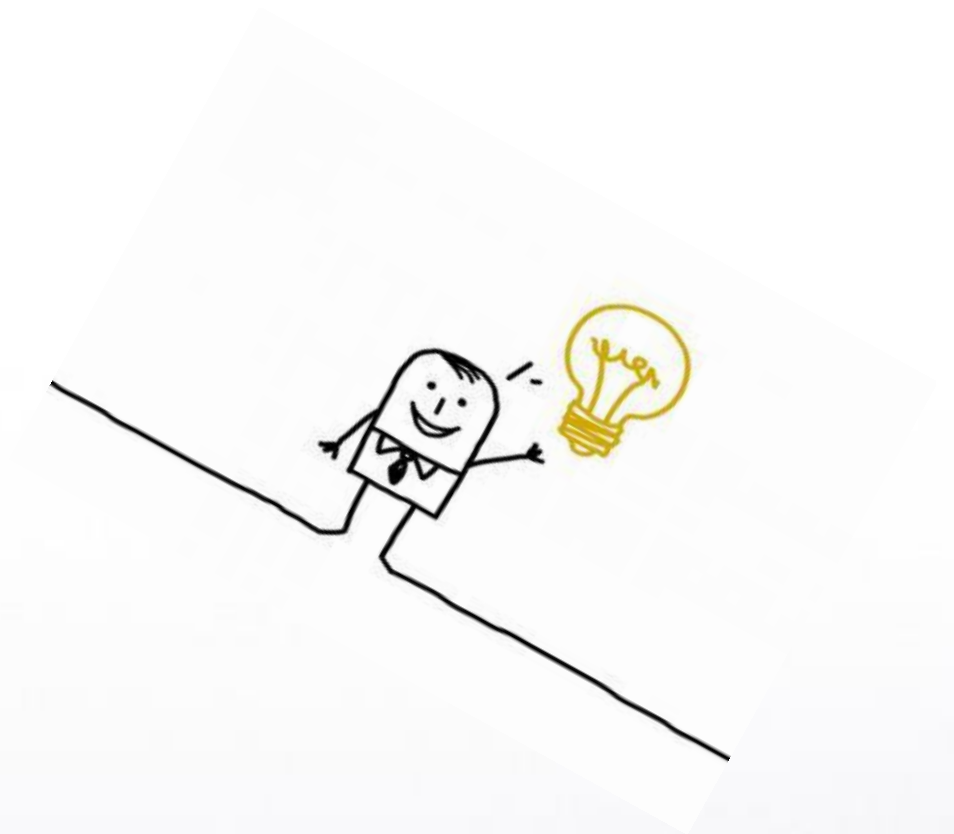
Before You Touch

- Expose
- Walking Aids
- Shoes
- Orthosis



Gait

- Normal Gait
- Tip Toe walking
- Heel Walking
- Outer / Inner aspect





Tip Toe Walking

- Ankle flexibility
- Achilles/Tib Post function
- Midfoot Function
- MTPJ problems
- Fractures (Stress)
- S1/2 Function





Heel Walking



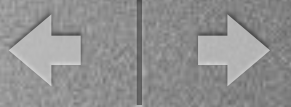
- Ankle Mobility
- Tibialis Anterior Function
- EHL/EDL Function
- Plantar fasciitis / Heel problems
- L 4/5



Inversion/Eversion Foot walking



- Sub Talar Mobility
- Tib Post Function
- Peroneal Function
- Medial & Lateral Gutter Impingement
- 1st Ray Problem
- 5th ray problems



Look

- Alignment (Lower limb/ Hind /Mid/ Fore foot/ Toes)
- Front/ Inner/ Outer/Back
- Plantar Aspect





Tailor your examination according to
the History/ Inspection findings



Examination- Position

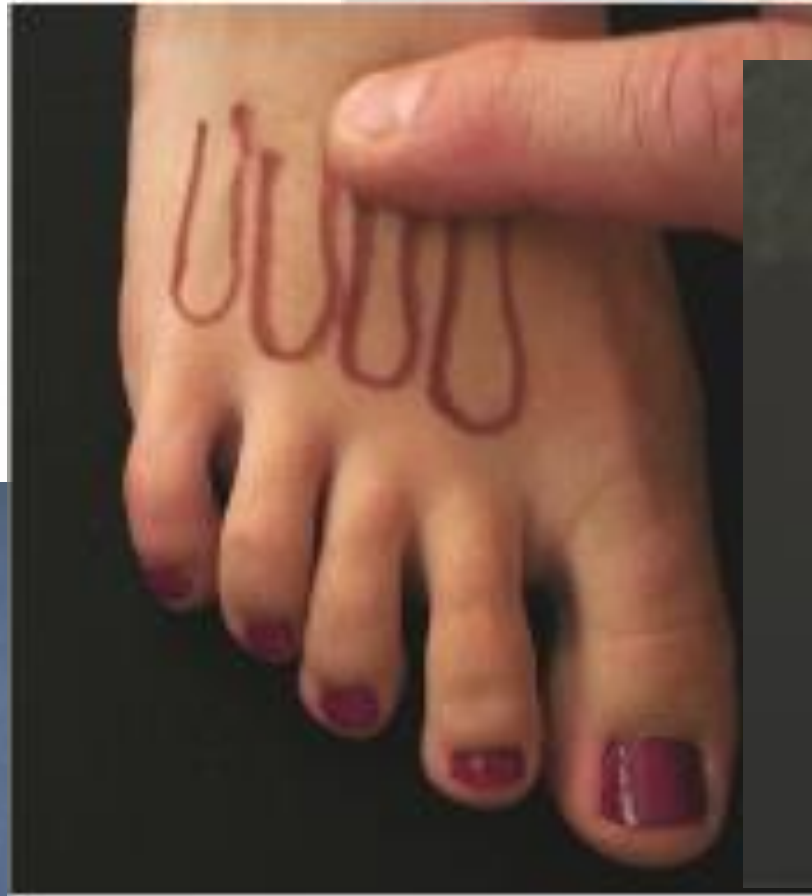




Feel



- Temp
- Topographic Anatomy
- Systematic Palpation





Move

- Dorsi flexion
- Plantar Flexion
- Inversion
- Eversion
- Abduction
- Adduction
- Supination- Inversion/
Adduction & Plantar Flexion
- Pronation- Eversion /
Abduction & Dorsiflexion





Move

- Silverskiold Test
- Ankle Joint
- Sub Talar Joint
- Transverse Tarsal Joints
- Metatarsophalangeal Joints



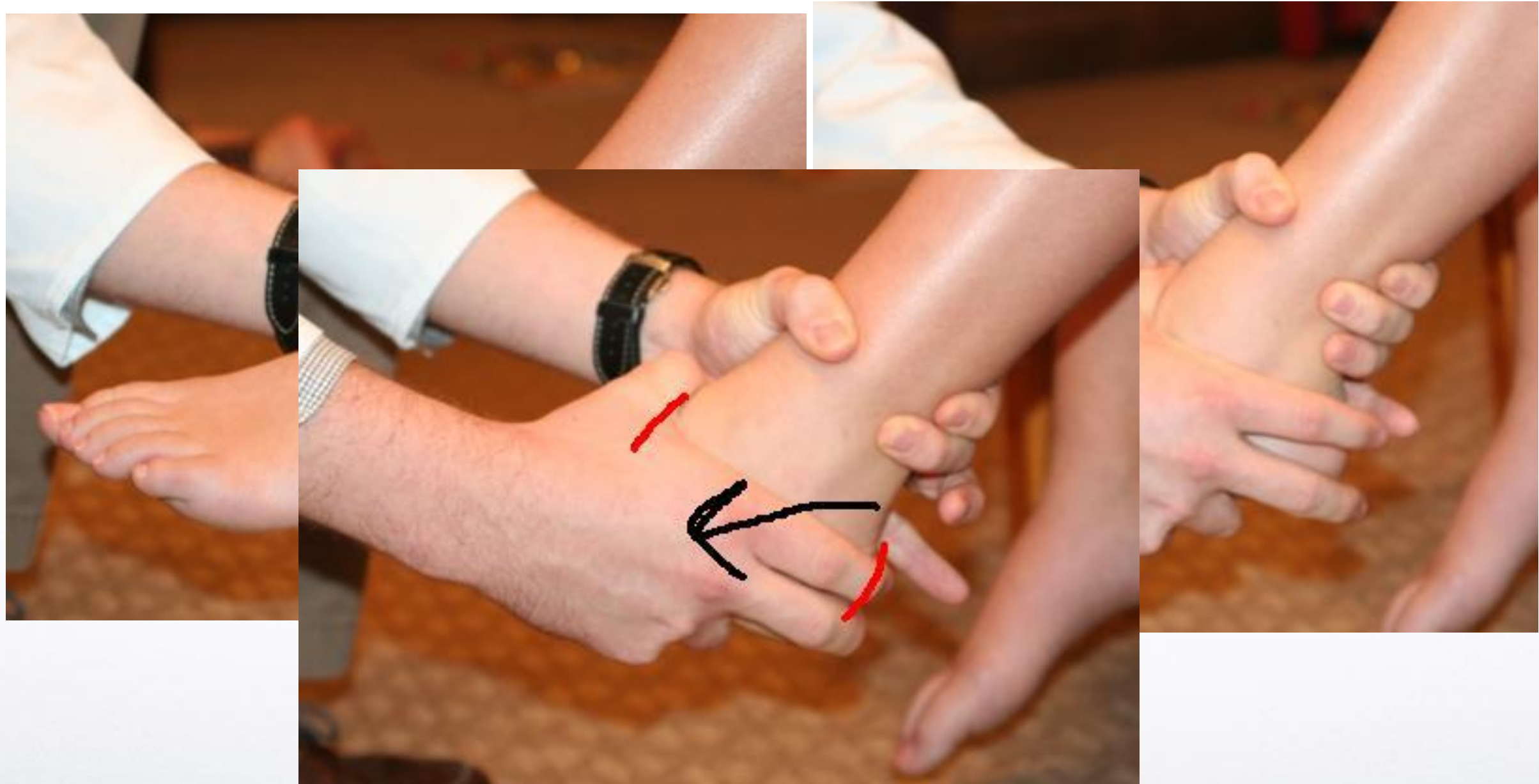
Muscle function

- Tibialis Posterior
- Tibialis Anterior
- Peroneal Longus
- Peroneal Brevis
- EHL/EDL
- FHL/FDL

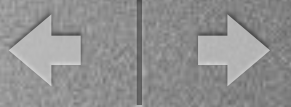


Special Tests

- Anterior Draw Test of ankle
- Syndesmosis stress test
- Coleman block test
- Peek-a boo heel sign
- Too many toes sign
- Semmes- Weinstein Monofilament test

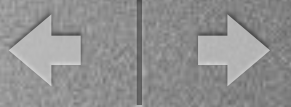


Anterior Draw test



Syndesmosis Stress test





Too many Toes sign





Peek-a- boo heel
sign



Coleman block test



Coleman block test



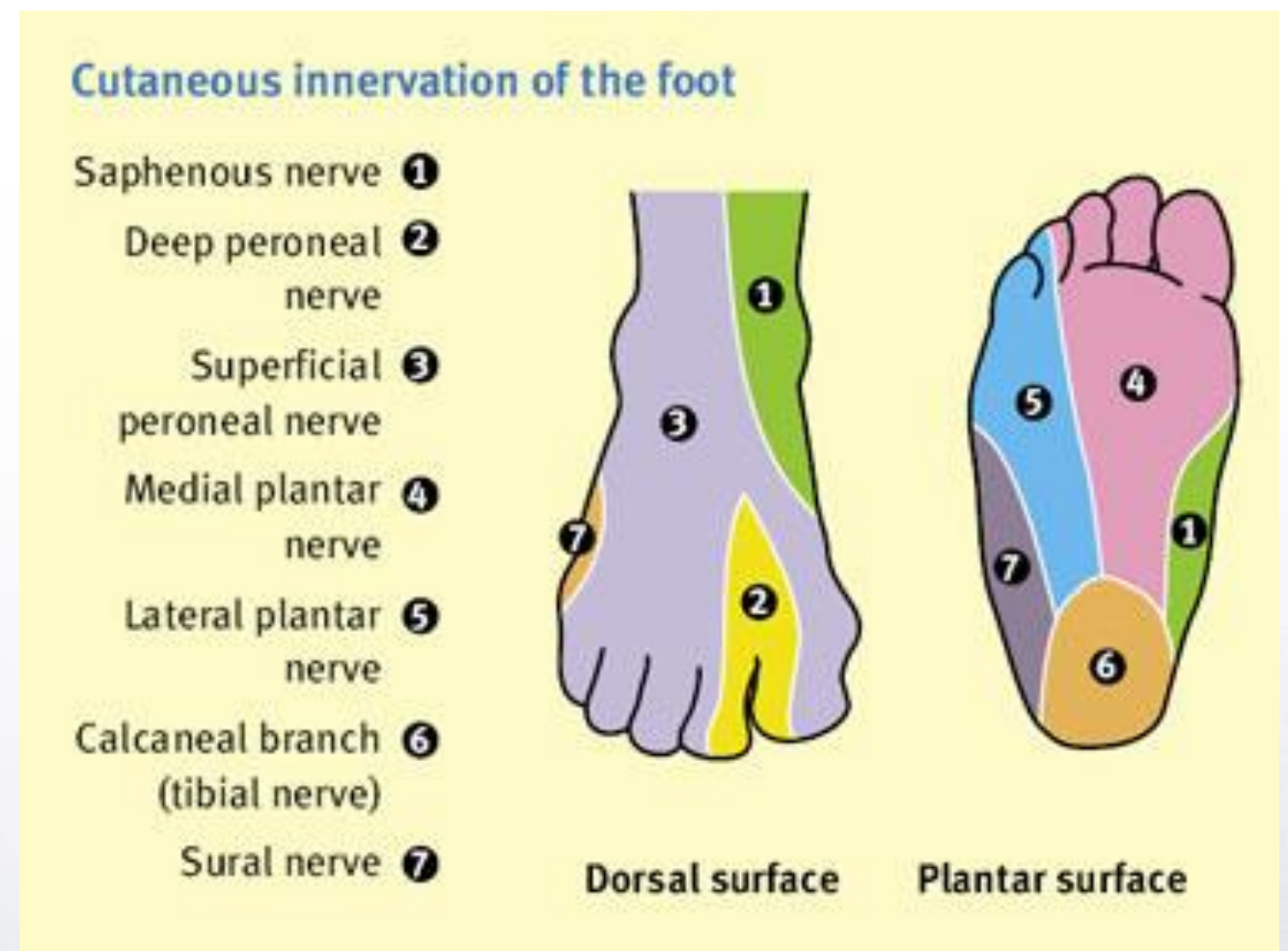


Semmes- weinstein monofilament
test



Finally

- Prone examination / kneel down on a chair
- Supine Examination (Plantar)
- NV examination





Questions?



Lets start
examination..