

Ankle/Leg Regional Exam

☒ Check normal, circle & describe abnormal

CC & significant history: _____

Patient: _____ date: _____

Insurance: _____ (dd/mm/yr)

Date of birth: _____ M/F

Fracture screen (tuning fork, percussion, torsion test, 5-step test): ☐ WNL ☐ Refer for X-ray: _____

Observation: ☐ WNL

Development: ☐ good, ☐ fair, ☐ poor

☐ Posture: _____

☐ Skin (bruising, scars): _____

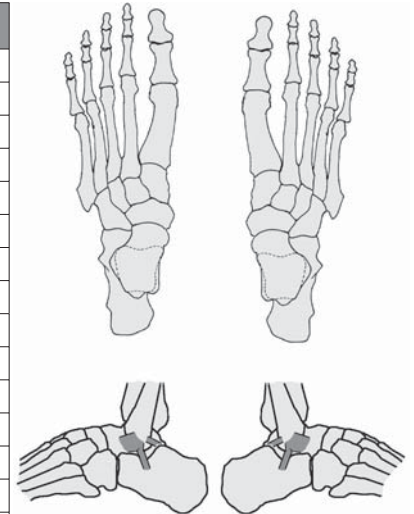
☐ Swelling: _____

☐ Asymmetry: _____

Observation ☐ WNL	L	R
Toe in / out		
Arch low / high		
Patella position (med, lat, ↑, ↓)		
Q-angle		
Genu varum / valgum		
Femur rotated int. / ext.		
Iliac crest height		
Lumbar hyper / hypolordosis		
Knee hyperextended		
Leg length		
Gait analysis		

Palpation: ☐ WNL, ☐ pain (circle), ☐ spasm (s), ☐ edema (e), ☐ fibrctc (f), ☐ MFTP (x), ☐ ache (a), ☐ tingling (t)

Palpation	L	R		L	R
Tibial tub./fibular haed			Subtalar joint		
Tibial crest			Midtarsal joint		
Lateral malleolus			Tarsometatarsal joints		
Medial malleolus			MP joints		
Navicular			PIP joints		
Cuboid			DIP joints		
Cuneiforms			Gastroc/soleus		
Talus (head, neck, trochlea)			Lateral leg muscles		
Calcaneus			Anterior leg muscles		
Sustentaculum tali			Achilles tendon		
Metatarsals			Fibularis tendons		
Phalanges			TDH muscles		
Sinus tarsi			Tarsal tunnel		
Ant. talofibular lig.			Tib. anterior/posterior		
Calcaneofibular lig.			Calcaneal bursa		
Post. talofibular lig.			Plantar fascia		
Spring ligament			Plantar muscles		
Deltoid ligament			Saphenous vein		



ROM & Joint Play: ☐ WNL

☐ Pain at end ROM: _____

☐ Abnormal motion: _____

ROM	Active		Passive	
	L	R	L	R
Plantarflexion (40°)				
Dorsiflexion (20°)				
Inversion (20°)				
Eversion (10°)				

Joint Play	L	R	Comments
Inferior tib-fib			
Ankle joint			
Subtalar joint			
Midtarsal joint			
Navicular-cuneif.			
Cuneiform-meta			
Intermetatarsal			
Hallux-metatarsal			
Metatarsophalang.			
PIP			
DIP			

Vascular Screen: ☐ WNL

Pulses (0-4)	L	R
Popliteal pulse		
Tibial pulse		
Dorsal pedal		
Blanch test		

Neurologic: ☐ WNL

Sensation, ☐ WNL	L	R
Light touch		
Sharp/dull		

Reflexes (0-5), ☐ WNL	L	R
Patellar (L4)		
Hamstring (L5)		
Patellar (S1)		
Babinski		

Motor (0-5), ☐ WNL	L	R
Plantarflexion (L4-S2)(tibial)		
Dorsiflexion (L4-S1)(deep fibular)		
Inversion (L4-L5)(deep fibular)		
Eversion (L4-S1)(superficial fib.)		
Toe flexion (L5-S2)(tibial)		
Toe extension (L4-S1)(deep fib.)		
Toe abd./add. (S1-S2)(tibial)		
other:		

Orthopedic: ☐ WNL

	L	R
Anterior drawer plantarflexed		
Anterior drawer neutral		
Inversion talar tilt plantarflexed		
Inversion talar tilt neutral		
Eversion talar tilt		
Rotational stress (Kleiger)		
Hoffa's sign		
Thompson/Simmond's test		
Achilles squeeze		
Calcaneal squeeze x 3		
Homan's sign/calf squeeze		
Buerger's claudication test		
Morton's foot squeeze		
Tinel's test at ankle		

Additional procedures: ☐ WNL

☐ Hip exam: _____

☐ Knee exam: _____

☐ Lumbosacral: _____

DDx: _____

Signature: _____

Date: _____