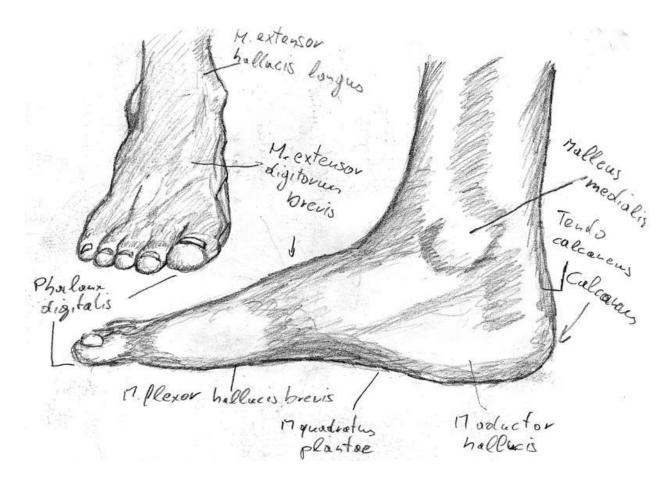
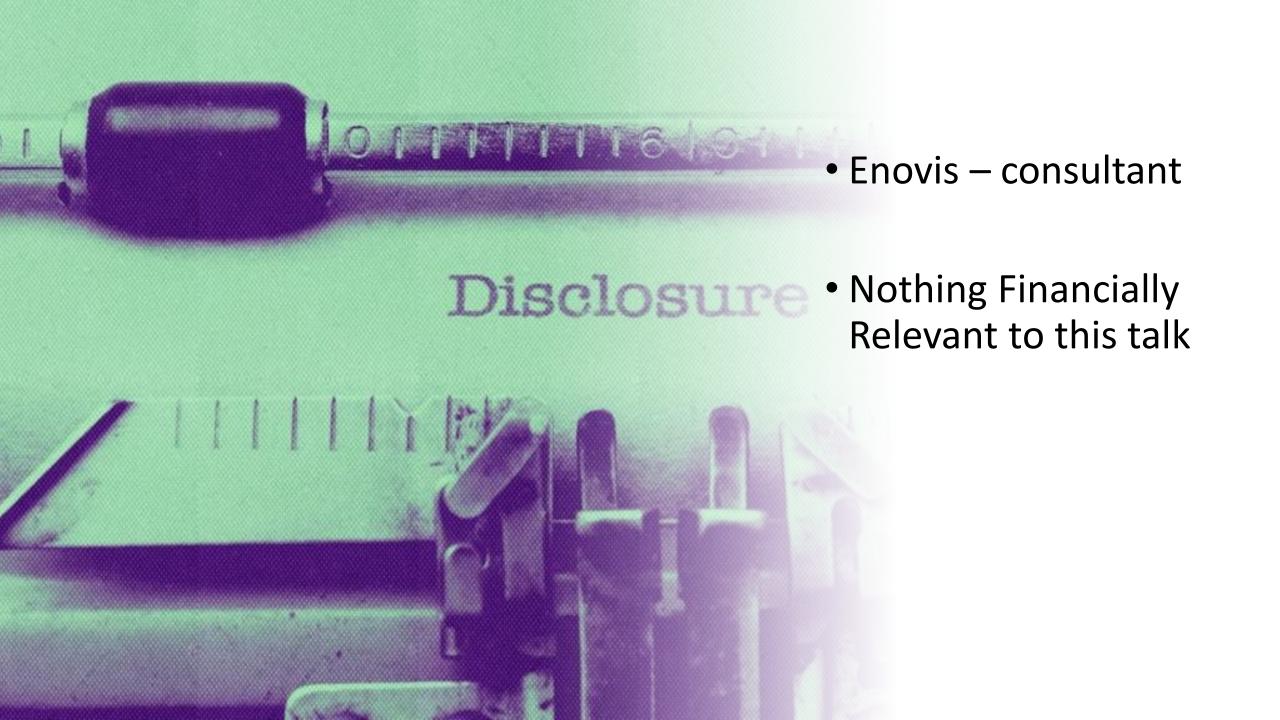
Orthopedic Foot Ankle Exam CCSU 39TH ANNUAL SPORTS MEDICINE SYMPOSIUM

Their Socks Got Knocked Off...
Now What?

Thomas A. McDonald, MD FAAOS
Orthopedic Associates of Hartford





Learning Objectives

Objectives: At the end of this session/activity, the participant/attendee will be able to:

1. Demonstrate proficiency in performing ankle/foot orthopedic special tests.

Interpret test results.

3. Integrate their findings into a comprehensive lower extremity evaluation.



What's Going On?!

Physical Exam of the Foot and Ankle

Anatomy is King

Seeing is Believing

Start with Gait

Don't Forget the Knee

The Foot is the Foundation

The Foot can be a little Overwhelming...

Lateral View



Understand the Basics

Inspect

Palpate

- -Bony landmarks
- -Specific joints, tendons, ligaments
- Motion
- Gait
- Palpation
- Strength
- Neuro
- Special tests



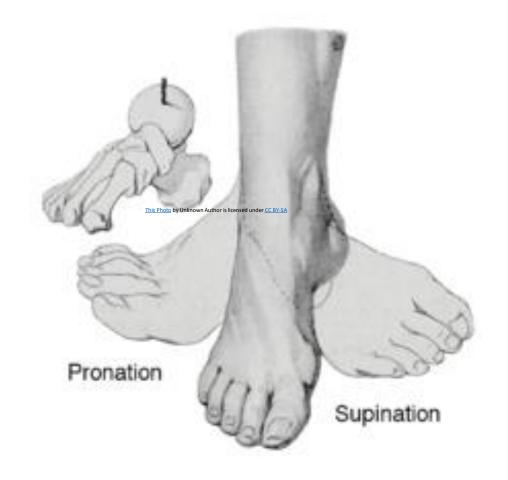
Range of Motion

Dorsiflexion/Plantarflexion = Hindfoot

Supination/Pronation = Midfoot/Forefoot

Supination is to Inversion as

Pronation is to Eversion



Alignment: Pes Cavus, Pes Planus







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Too Many Toes Sign — STAND UP!

The Value of Weight Bearing Exam



Specialized Tests and Findings

- Ankle Sprain
- High Ankle Sprain?
- Achilles
- Anterior Process Calcaneal Fracture
- Peroneal Tendon Dislocation
- LisFranc
- Subtalar dislocation

Resisted Eversion

APC palpation

Plantar Ecchymosis

Thompson Test

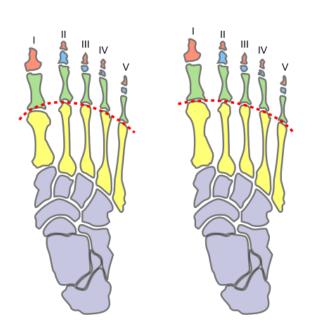
Proximal Squeeze

Anterior Drawer

#youknowitwhenyouseeit

Connecting the Dots between:

Anatomy Mechanism Physical Exam Diagnosis









Phalanges distales
Phalanges mediae
Phalanges proximale

Ossa tarsi

References

- Lis Franc Injuries Curr Rev Musculoskelet Med. 2017 Mar; 10(1): 81–85.
- Foot and Ankle Disorders An Illustrated Reference, Springer 2016
- Coughlin and Mann's Surgery of the Foot and Ankle