

Foot and Toes

Palpations:

Bony

- Phalanges
- Metatarsals
- Styloid tuberosity of 5th metatarsal
- Navicular
- Navicular Tuberosity
- Cuneiforms
- Cuboid
- Peroneal Tubercle
- Calcaneus

Soft Tissue

- Tibialis Anterior tendon
- Extensor Digitorum Brevis
- Extensor Digitorum Longus
- Spring ligament
- Medial Tendons: Flexor hallucis longus, flexor digitorum longus, Tibialis posterior
- Peroneal tendons
- Plantar fascia
- Dorsal pedis pulse

Range of Motion

- Hallux : extension (75-85); flexion (35-45)

Stress Tests

- **Capillary Refill**
- **Tinel's Sign**
- **Percussion/Tap/Long Bone Compression Test (Fracture)**
- **Valgus and varus testing of MTP and IP joints (Capsular ligaments)**
- **Intermetatarsal glide**
- **Tarsometatarsal joint glides**

Ankle and Lower Leg

Palpations:

Anterior/Medial:

- Shaft of tibia (focus on medial border)
- Medial malleolus
- Deltoid ligament
- Talar domes
- Navicular
- Medial calcaneus
- Plantar fascia
- Plantar MTP joint

Anterior/Lateral:

- Head of fibula
- Fibular shaft
- Lateral malleolus
- Distal tibiofibular ligament
- Anterior talofibular ligament (ATF)
- Calcaneofibular ligament (CF)
- Posterior talofibular ligament (PTF)
- Styloid tuberosity of 5th metatarsal
- Cuboid
- Peroneus Longus & Brevis
- Sinus Tarsi

Posterior:

- Achilles tendon
- Calcaneus
- Subcutaneous calcaneal bursa
- Subtendinous calcaneal bursa

Range of Motion (Active, Passive, Resistive):

- Dorsiflexion (20)
- Plantar flexion (30-50)
- Inversion (20)
- Eversion (5)

Stress Tests:

Anterior Drawer Test (ATF sprain)

Talar Tilt (CF or Deltoid sprain)

Kleiger's Test (Deltoid sprain)

Thompson Test (Achilles Tendon Rupture)

Squeeze Test (Fibula fracture or syndesmosis sprain)

Bump Test (Tibia fracture)

Homan's Sign (Deep Vein Thrombosis)