



Checklist for On-Site Examination of the Leg, Ankle, and Foot

Primary Survey

- ☐ Survey the scene
- ☐ Level of consciousness
- ☐ Airway, breathing, and circulation

Secondary Survey

History

- ☐ Mechanism of injury and chief complaint
- ☐ Quality, location, and severity of pain
- ☐ Unusual sounds and sensations
- ☐ Information from bystanders

Observation

- ☐ Athlete's response to injury
- ☐ Deformity, swelling, discoloration
- ☐ Unusual positioning of the limb
- ☐ Skin coloration

Palpation

- ☐ Distal tibia, medial malleolus, deltoid ligament

- ☐ Distal fibula, lateral malleolus, lateral ligaments
- ☐ Anterior tibiofibular ligament, anterior talar dome
- ☐ Achilles tendon
- ☐ Tarsals, metatarsals, phalanges

Neurovascular Examination

- ☐ Pedal pulse
- ☐ Sensory over dorsum of foot, lateral border of foot, posterior calcaneus

Special Tests

- ☐ Pott's compression test
- ☐ Anterior drawer test

Active Range of Motion

If all tests are negative, assist the athlete from the field and have him avoid weight bearing until a complete acute examination is performed.