



## Checklist for Acute Examination of the Leg, Ankle, and Foot

### History

Ask questions pertaining to the following:

- ☐ Chief complaint
- ☐ Mechanism of injury and position of the limb when injured
- ☐ Unusual sounds or sensations
- ☐ Type and location of pain or symptoms
- ☐ Previous injury
- ☐ Previous injury to opposite extremity for bilateral comparison

### Observation

- ☐ Visible facial expressions of pain
- ☐ Swelling, deformity, abnormal contours, or discoloration
- ☐ Gait, willingness to bear weight, range of ankle motion
- ☐ Overall posture and alignment of lower leg, ankle, and foot
- ☐ Bilateral comparison

### Palpation

Bilaterally palpate for pain, tenderness, crepitus, defects, and deformity over the following:

- ☐ Tibial crest, anterior tibiofibular ligament, anterior dome of talus, anterior tibialis muscle and tendon, extensor digitorum and hallucis tendons, extensor digitorum brevis, dorsalis pedis pulse, cuneiforms, metatarsals, and phalanges
- ☐ Fibula, peroneal muscle and tendons, lateral malleolus, anterior and posterior talofibular ligaments, calcaneofibular ligament, sinus tarsi, cuboid, base of fifth metatarsal
- ☐ Gastrocnemius, soleus, Achilles tendon, calcaneus
- ☐ Plantar fascia, metatarsal heads
- ☐ Tibial shaft, medial malleolus, deltoid ligament, tibialis posterior tendon, flexor digito-

rum tendon, flexor hallucis longus tendon, tibial nerve and tibial artery, navicular tubercle, medial cuneiform, and first metatarsal (base, shaft, and head)

### Special Tests

- ☐ Fracture tests (Pott's compression, Morton's, percussion, and Hoffa's)
- ☐ Thompson test
- ☐ Ligament laxity tests (anterior drawer, talar tilt, Kleiger, squeeze test, modified Kleiger)
- ☐ Bilateral comparison

### Range of Motion

- ☐ Active ROM for plantar flexion, dorsiflexion, inversion, and eversion, and toe flexion and extension
- ☐ Passive ROM for plantar flexion and dorsiflexion, hindfoot inversion and eversion, forefoot inversion and eversion, toe flexion and extension
- ☐ Bilateral comparison

### Strength Tests

- ☐ Perform manual resistance against the same motions as in active ROM.
- ☐ Check bilaterally and note any pain or weakness.

### Neurovascular Tests

- ☐ Sensory over the dorsum of the foot (deep peroneal), lateral border of the foot (superficial peroneal), and posterior heel (posterior tibial)
- ☐ Motor for dorsiflexion (deep peroneal), eversion (superficial peroneal), and plantar flexion (posterior tibial)
- ☐ Dorsalis pedis and posterior tibial pulses

### Functional Tests