

Ankle & Foot examination



Instructions - “*Examine the ankle and foot of this patient*”

1	Washes hands	
2	Introduces themselves & confirms patient details	
3	Explains examination & gains consent	
4	Exposes patient’s lower legs	
5	Observes gait (including tip-toe and heel walking)	
6	Inspects patient’s lower limbs (anterior / lateral / posterior)	
7	Assesses & compares joint temperature	
8	Palpates joint lines	
9	Palpates dorsalis pedis pulse	
10	Palpates posterior tibial pulse	
11	Palpates achilles tendon	
12	Foot plantarflexion (active)	
13	Foot dorsiflexion (active)	
14	Foot inversion & eversion (active)	
15	Toe flexion & extension(active)	
16	Toe ADduction (active)	
17	Toe ABduction (active)	
18	Repeats all active movements passively	
19	Passively assesses ankle joint, subtalar joint, mid-tarsal joint, MTP and interphalangeal joints)	
20	Performs Simmonds’ test	
21	Thanks patient	
22	Washes hands	

EXAMINER

“*Summarise your findings, suggest further investigations and offer a differential diagnosis*”

23	Accurately summarises salient findings	
24	Suggests appropriate further investigations	
25	Suggests appropriate differential diagnosis	

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