



OSCE Checklist: Ankle & Foot Examination

Introduction		
1	Wash your hands and don PPE if appropriate	
2	Introduce yourself to the patient including your name and role	
3	Confirm the patient's name and date of birth	
4	Briefly explain what the examination will involve using patient-friendly language	
5	Gain consent to proceed with the examination	
6	Adequately expose the patient's legs from the knee down	
7	Position the patient standing for initial inspection of the ankles and feet	
8	Ask the patient if they have any pain before proceeding with the clinical examination	
Look		
9	Perform a brief general inspection of the patient, looking for clinical signs suggestive of underlying pathology	
10	Assess the patient's gait	
11	Inspect both lower limbs with the patient standing (anterior/lateral/posterior)	
Feel		
12	Ask the patient to lay on the clinical examination couch and assess joint temperature	
13	Palpate the posterior tibial and dorsalis pedis pulses	
14	Gently squeeze across the metatarsophalangeal (MTP) joints and observe for verbal and non-verbal signs of discomfort	
15	Palpate the ankle joints and the various joints/bones of each foot, noting any swelling, irregularity or tenderness	
16	Palpate the gastrocnemius muscle and the Achilles tendon	
Move		
17	Assess active foot plantarflexion	
18	Assess active foot dorsiflexion	
19	Assess active toe flexion	
20	Assess active toe extension	
21	Assess active ankle/foot inversion	
22	Assess active ankle/foot eversion	
23	Repeat assessments of the above movements passively	
24	Assess the subtalar joint and midtarsal joint passively	
Special tests		
25	Perform Simmonds' test	

To complete the examination...

26	Explain to the patient that the examination is now finished	
27	Thank the patient for their time	
28	Dispose of PPE appropriately and wash your hands	
29	Summarise your findings	
30	Suggest further assessments and investigations (e.g. neurovascular examination of both lower limbs, examination of the knee and hip joint and further imaging)	

Read the full guide at
[geekymedics.com](https://www.geekymedics.com)



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