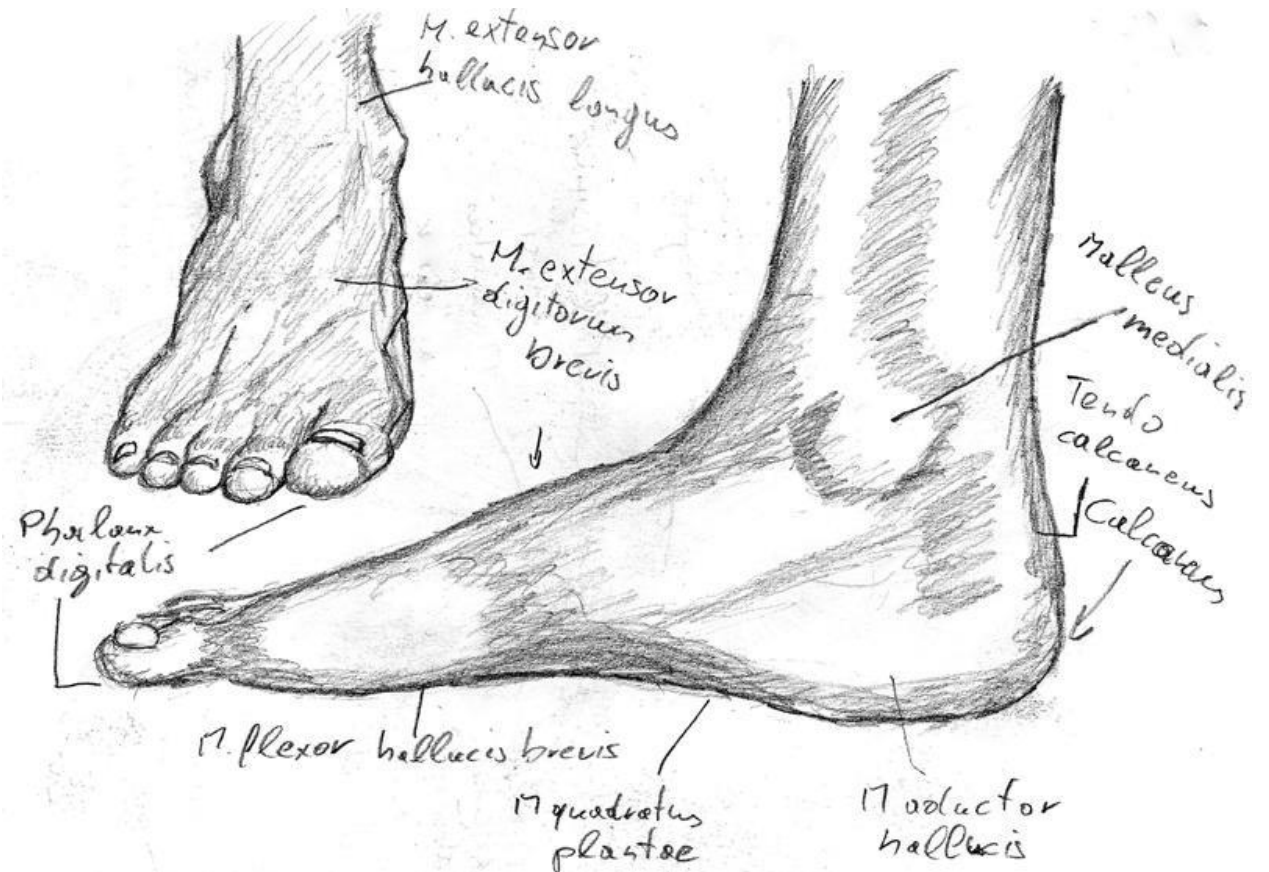


Orthopedic Foot Ankle Exam

CCSU 39TH ANNUAL SPORTS MEDICINE SYMPOSIUM

Their Socks Got Knocked Off...
Now What?

Thomas A. McDonald, MD FAAOS
Orthopedic Associates of Hartford





Disclosure

- Enovis – consultant
- Nothing Financially Relevant to this talk

Learning Objectives

Objectives: At the end of this session/activity, the participant/attendee will be able to:

1. Demonstrate proficiency in performing ankle/foot orthopedic special tests.

2. Interpret test results.

3. Integrate their findings into a comprehensive lower extremity evaluation.



What's Going
On?!

Physical Exam
of the Foot
and Ankle

Anatomy is King

Seeing is Believing

Start with Gait

Don't Forget the Knee

The Foot is the Foundation

Range of Motion

Dorsiflexion/Plantarflexion = Hindfoot

Supination/Pronation = Midfoot/Forefoot

Supination is to Inversion as

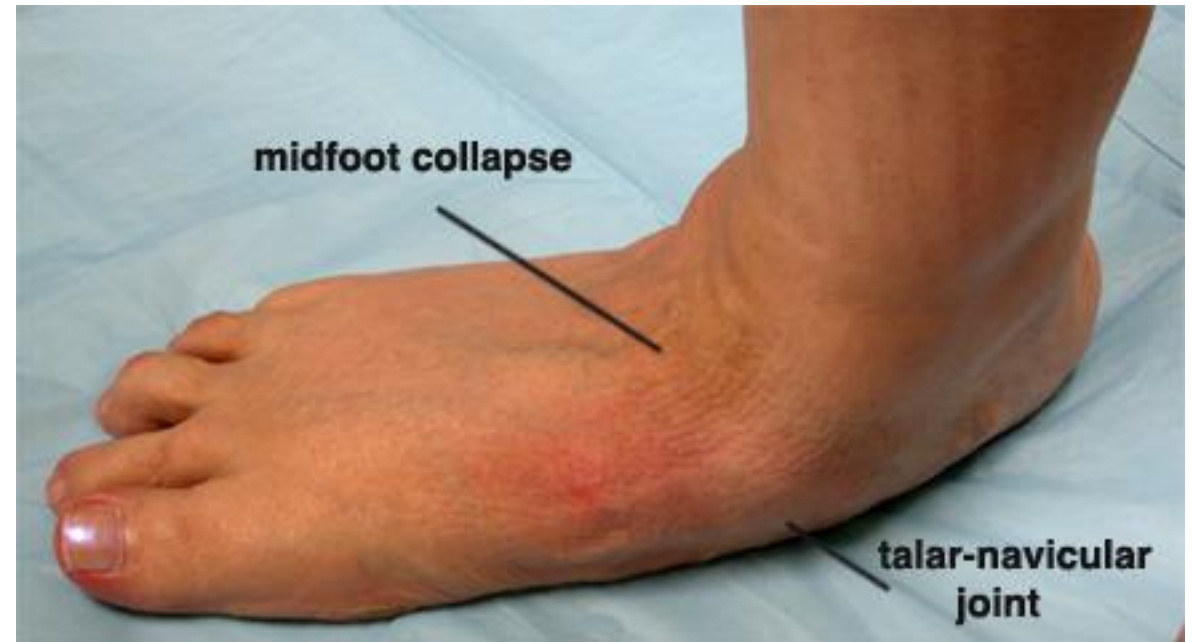
Pronation is to Eversion



Alignment: Pes Cavus, Pes Planus



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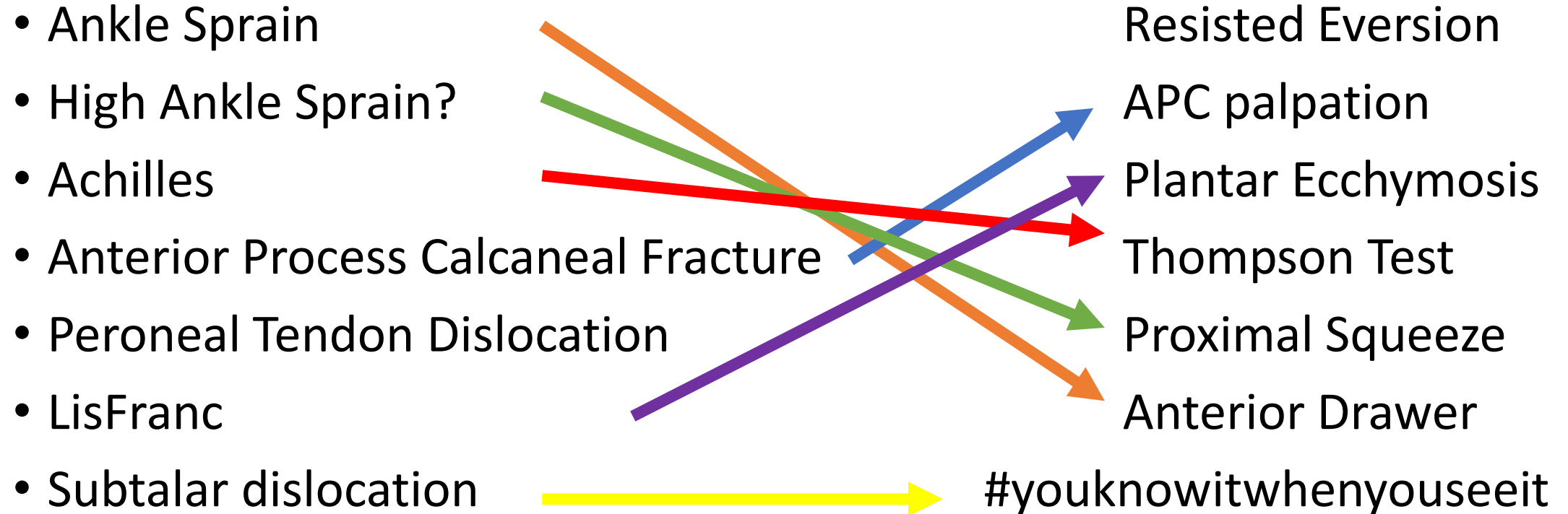


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Too Many Toes Sign – STAND UP!
The Value of Weight Bearing Exam

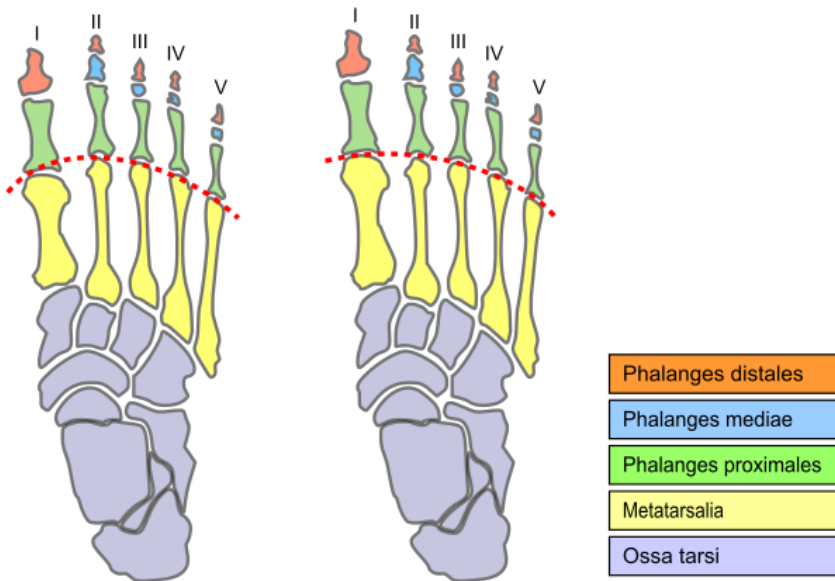


Specialized Tests and Findings



Connecting the Dots between:

- Anatomy
- Mechanism
- Physical Exam
- Diagnosis



References

- Lis Franc Injuries *Curr Rev Musculoskelet Med*. 2017 Mar; 10(1): 81–85.
- *Foot and Ankle Disorders - An Illustrated Reference*, Springer 2016
- *Coughlin and Mann's Surgery of the Foot and Ankle*