

Order of Assessment Procedures	
History	<ol style="list-style-type: none"> 1. How did the injury happen? 2. Where is the pain located? 3. Did you hear or feel a pop or snap? 4. Have you had a similar injury previously? If yes, explain.
Observation	<ol style="list-style-type: none"> 1. Note any obvious deformity suggesting a fracture or dislocation. 2. Note the area and degree of swelling. 3. Evaluate complaints of pain. 4. Note any discoloration. 5. Perform a bilateral visual comparison of symmetry.
Palpation	<p>Always begin palpation by explaining the procedure, then initially performing the procedure on the uninvolved side.</p> <ol style="list-style-type: none"> 1. Distal tibia-fibula 2. Lateral ligament complex 3. Medial ligaments–deltoid ligament 4. Base of the fifth metatarsal 5. Peroneal tendons 6. Achilles tendon
Range of motion	<ol style="list-style-type: none"> 1. Active and passive 2. Dorsiflexion 3. Plantar flexion 4. Inversion 5. Eversion
Strength	<ol style="list-style-type: none"> 1. Manual muscle testing <ol style="list-style-type: none"> a. Dorsiflexion b. Plantar flexion c. Inversion d. Eversion
Clinical stability tests	<ol style="list-style-type: none"> 1. Anterior drawer test 2. Talar tilt test

Manual Muscle Testing Grades For Plantar Flexion

Michael W Chapman, Michelle A James



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