

LEG, ANKLE & FOOT WORKSHEET

Record your findings. Circle the findings that fall outside of normal parameters.

			ACTIVE RANGE OF MOTION	
			LEFT	RIGHT
	ACTIVE MOVEMENT	NORMAL	FINDINGS	FINDINGS
1.	PLANTARFLEXION Gastrocnemius Plantaris Soleus Peroneus longus Peroneus brevis Tibialis posterior Flexor digitorum longus Flexor hallucis longus	50°		
		PAINLESS		
2.	DORSIFLEXION Tibialis anterior Extensor hallucis longus Peroneus tertius Extensor digitorum longus	20°		
		PAINLESS		
3.	INVERSION Tibialis posterior Flexor digitorum longus Flexor hallucis longus Tibialis anterior Extensor hallucis longus	45°-60°		
		PAINLESS		
4.	EVERSION Peroneus longus Peroneus brevis Peroneus tertius Extensor digitorum longus	15°-30°		
		PAINLESS		

			PASSIVE RANGE OF MOTION	
			LEFT	RIGHT
	PASSIVE MOVEMENT	NORMAL	FINDINGS	FINDINGS
5.	PLANTARFLEXION <i>Limitation may be due to shortness in:</i> Tibialis anterior Extensor hallucis longus Peroneus tertius Extensor digitorum longus	50°		
		TISSUE STRETCH		
		PAINLESS		
6.	DORSIFLEXION <i>Limitation may be due to shortness in:</i> Gastrocnemius Plantaris Soleus Peroneus longus Peroneus brevis Tibialis posterior Flexor digitorum longus Flexor hallucis longus	20°		
		TISSUE STRETCH		
		PAINLESS		
7.	INVERSION <i>Limitation may be due to shortness in:</i> Peroneus longus Peroneus brevis Peroneus tertius Extensor digitorum longus	45°-60°		
		TISSUE STRETCH		
		PAINLESS		
8.	EVERSION <i>Limitation may be due to shortness in:</i> Tibialis posterior Flexor digitorum longus Flexor hallucis longus Tibialis anterior Extensor hallucis longus	15°-30°		
		TISSUE STRETCH		
		PAINLESS		

MUSCLE LENGTH TESTS		NORMAL	LEFT	RIGHT
9.	GASTROCNEMIUS & PLANTARIS extend knee dorsiflex ankle	20° DORSIFLEXION WITH KNEE EXTENDED		
		TISSUE STRETCH		
		PAINLESS		
10.	SOLEUS flex knee dorsiflex ankle	20° DORSIFLEXION WITH KNEE FLEXED		
		TISSUE STRETCH		
		PAINLESS		
11.	PERONEUS LONGUS & PERONEUS BREVIS flex knee dorsiflex ankle invert foot	20° DORSIFLEXION & 45°-60° INVERSION WITH KNEE FLEXED		
		TISSUE STRETCH		
		PAINLESS		
12.	TIBIALIS POSTERIOR flex knee dorsiflex ankle evert foot	20° DORSIFLEXION & 15°-30° EVERSION WITH KNEE FLEXED		
		TISSUE STRETCH		
		PAINLESS		
13.	FLEXOR DIGITORUM LONGUS flex knee dorsiflex ankle evert foot extend digits 2-5	20° DORSIFLEXION & 15°-30° EVERSION WITH DIGITS 2-5 EXTENDED AND KNEE FLEXED		
		TISSUE STRETCH		
		PAINLESS		
14.	FLEXOR HALLUCIS LONGUS flex knee dorsiflex ankle evert foot extend great toe	20° DORSIFLEXION & 15°-30° EVERSION WITH GREAT TOE EXTENDED AND KNEE FLEXED		
		TISSUE STRETCH		
		PAINLESS		

MUSCLE LENGTH TESTS		NORMAL	LEFT	RIGHT
15. TIBIALIS ANTERIOR plantarflex ankle evert foot	50° PLANTARFLEXION & 15°-30° EVERSION			
	TISSUE STRETCH			
	PAINLESS			
16. EXTENSOR HALLUCIS LONGUS plantarflex ankle evert foot flex great toe	50° PLANTARFLEXION & 15°-30° EVERSION WITH GREAT TOE FLEXED			
	TISSUE STRETCH			
	PAINLESS			
17. PERONEUS TERTIUS plantarflex ankle invert foot	50° PLANTARFLEXION & 45°-60° INVERSION			
	TISSUE STRETCH			
	PAINLESS			
18. EXTENSOR DIGITORUM LONGUS plantarflex ankle invert foot flex digits 2-5	50° PLANTARFLEXION & 45°-60° INVERSION WITH DIGITS 2-5 FLEXED			
	TISSUE STRETCH			
	PAINLESS			