



The Leg Bones Clinic

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"Hands-on Feet" examination session - Sat, 31 July 2010

Physical examination - a very important tool

*Helps to make the diagnosis, to plan & interpret investigations & to guide treatment

*Look-Feel-Move & Measure

*Special tests, Neurovascular status

The examination

*Exposure - both sides, above knees, shoes off

*Standing & walking

- 360 deg, tip toe, single leg heel rise
- note any asymmetry (wasting, swelling, deformities, leg rotation), skin (scars, pressure areas, callosities, ulcers)

*Shoes (inside & outside - orthotics, wear pattern)

*Soles of the feet

*Region specific palpation (as guided by history)

- ankle - front/medial/lateral
- heel - Achilles tendon/insertion/plantar fascia
- midfoot - arch/Lisfranc joints
- forefoot

*Structure orientated

- bones, joints, tendons, ligaments

*Move & measure - active, strength, passive, contractures (eg gastroc tightness)

- vertical, inversion/eversion
- rigid or flexible
- joint irritability, crepitus

