

FOOT/ANKLE PALPATION AND EVALUATION

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

WHEN STARTING A FOOT/ANKLE EVALUATION AND PALPATION BEGIN YOUR EXAM AT THE DISTAL END OF THE GREAT TOE AND LOCATE THE \_\_\_\_\_ JOINT. AS YOU MOVE DOWN THE GREAT TOE LOCATE THE 1ST \_\_\_\_\_ JOINT. CONTINUE TO MOVE DOWN THE FOOT ALONG THE 1ST \_\_\_\_\_ BONE. CONTINUE MOVING PROXIMALLY, TOWARD THE ANKLE, UNTIL YOU HIT A BONEY PROTUBERANCE KNOWN AS THE \_\_\_\_\_, WHICH IS A TARSAL BONE. DISTAL TO THIS PROTUBERANCE IS THE FIRST \_\_\_\_\_ BONE AND PROXIMAL TO IT IS THE \_\_\_\_\_. LOCATE THE LARGE BONEY PROTUBERANCE ON THE MEDIAL SIDE OF THE ANKLE WHICH IS KNOWN AS THE \_\_\_\_\_. MOVE TO THE BOTTOM THE THE ANKLE AND LOCATE THE LARGE \_\_\_\_\_ BONE. NOW MOVE TO THE LATERAL SIDE OF THE FOOT AND BEGIN AT THE 5TH TOE BETWEEN THE PROXIMAL PHALAYNX AND METATARSAL WHERE THE \_\_\_\_\_ JOINT IS LOCATED. MOVE DOWN THE 5TH METATARSAL UNTIL YOU HIT A BONEY PROTUBERANCE, KNOWN AS THE STYLOID PROCESS; WHICH IS LOCATED AT THE \_\_\_\_\_ END OF THE 5TH METATARSAL. JUST PROXIMAL TO THIS BONE IS THE \_\_\_\_\_ BONE, AND PROXIMAL TO IT IS THE \_\_\_\_\_ BONE. WITH THE 4 ARCHES, DESCRIBE THE BONES THAT EACH SPAN:

- 1) LATERAL LONGITUDINAL ARCH (3)--
- 2) MEDIAL LONGITUDINAL ARCH (5)--
- 3) METATARSAL ARCH (5)--
- 4) TRANSVERSE ARCH (4)--