

ANKLE PROCEDURE

SUMMARY

Move 1 - Medial move over the peroneal nerve, the inferior anterior retinaculum and extensor hallucis longus.

Move 2 - Draw skin superiorly onto the lateral malleolus, engage challenge and move over the retinaculum and lateral ligaments inferiorly. Return the 2nd finger to its starting point.

Move 3 - Draw skin supero-medially towards the crease of the ankle with the length of the finger. Engage challenge and move over the lateral ligaments and peroneus tendons infero-posteriorly.

Move 4 - Draw skin supero-anteriorly with the thumb, challenge and move postero-inferiorly.

Holding Points (5a) & (5b) - Moves (2), (3) & (4) now become 'holding points' (5a) & (5b) for Move (5). Allow a space between the webbing of the thumb, 2nd finger and dorsal surface of the ankle by standing the superior hand's wrist, thumb and fingers up and off the surface of the foot.

Move 5 - Gently rotate to assess for joint mobility. Position the elbows in line with the client's body. Then press the client's foot into its fullest Dorsiflexion with 'holding points' (5a) & (5b) being the centre of rotation. Maintain the foot fully flexed before applying a shunt of the foot superiorly while maintaining distal challenge on 'holding points' (5a) & (5b).

