

# Ankle ( Figure 35.37 )

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/uni25CF Dorsiflexion . Test dorsiflexion with the knee both flexed and extended. If restriction is greater with the knee extended than flexed, the contracture is principally in the gastrocnemius.

Restriction that is equal in all knee posi - tions is caused by a contracture principally of the soleus.

/uni25CF Plantarflexion . Ask the patient to touch the floor with their foot (15°). Weakness suggests injury to the Achilles - tendon or pathology a ff ecting the S1 nerve root.

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