

Ankle stability

Ankle stability

Trauma to the ankle is a common cause of instability . Accurate assessment may be difficult in the acute setting because of pain. /uni25CF Anterior draw test . With the foot resting over the bed, hold the heel with one hand and the front of the tibia with the other. Move the heel forwards on the fixed tibia. Compare with the other side. Instability of the syndesmosis may be palpable (Figure 35.41). /uni25CF Squeeze test for distal tibiofibular stability Compress the proximal calf. Pain at the ankle may indicate separation of the distal fibula from the tibia. /uni25CF Tilt test . Hold the talus at the neck rather than the heel so that you can be sure that any tilt is in the ankle and not the subtalar joint. Ankle stability

Trauma to the ankle is a common cause of instability . Accurate assessment may be difficult in the acute setting because of pain. /uni25CF Anterior draw test . With the foot resting over the bed, hold the heel with one hand and the front of the tibia with the other. Move the heel forwards on the fixed tibia. Compare with the other side. Instability of the syndesmosis may be palpable (Figure 35.41). /uni25CF Squeeze test for distal tibiofibular stability Compress the proximal calf. Pain at the ankle may indicate separation of the distal fibula from the tibia. /uni25CF Tilt test . Hold the talus at the neck rather than the heel so that you can be sure that any tilt is in the ankle and not the subtalar joint.

Revision #1

Created 2025-12-31 15:14:19 UTC by Omar Ayman

Updated 2025-12-31 15:14:19 UTC by Omar Ayman