

Subtalar joint (Figures 35.38 and 35.39)

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Hold the talar neck and ask the patient to move their heel from side to side. Repeat using a hand on the heel to move the joint and apply a varus and valgus stress while feeling for movements of the talus. Holding the talus as opposed to the tibia isolates the subtalar from ankle motion. (Normal range is 5° in each - direction.) /uni25CF Inversion . Ask the patient to move their foot in towards them. /uni25CF - Eversion . Ask the patient to move their foot out to the side.

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