

Subtalar joint flexibility

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Ask the patient to stand on their toes and observe the heel from behind; the heel moves normally from valgus to varus, indicating flexibility . The Coleman block test is used to assess the flexibility of the subtalar joint. Ask the patient to stand on a 2-cm block with the great toe over the medial edge, resting on the floor. Now look from behind. If the hindfoot varus remains, the subtalar joint is fixed. If it corrects to valgus, the joint is mobile (Figure 35.39).

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