

# Ankle Mobility Test

Name:

Date:

The Ankle Mobility Test is an effective way to evaluate the range of motion (ROM) of the ankle joint. It can be used to assess the functional ability of the ankle and its impact on overall mobility.

## Instructions for patients

1. Find a flat wall and stand about 10-12 inches away from it, facing the wall.
2. Place one foot in front of the other, with the front foot pointing straight ahead and the back foot turned out at a 45-degree angle.
3. Keeping your heel on the ground, bend your front knee and try to touch your knee to the wall. Ensure your knee is directly above your ankle and doesn't go past your toes.
4. If you can touch your knee to the wall without lifting your heel, step back and try again with your front foot a little farther away from the wall. Keep stepping back until you can no longer touch the wall with your knee without lifting your heel.
5. Measure the distance between your big toe and the wall. This will give you a good indication of your ankle mobility.
6. If your toe is about 2 inches away from the wall, your ankle mobility is good. If it's between 4-6 inches away, your ankle mobility is average.
7. If it's more than 6 inches away, you may have limited ankle mobility and should work on improving it through exercises and stretches.

## Reminders for test administrators

- Remind patients to keep their hips and knee slightly bent while performing the test.
- Monitor any pain or discomfort to ensure safety.
- Gradually increase repetitions as needed.

## Additional notes: