

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

1. Find a flat wall and have your patient stand about 6 inches away from it, facing the wall.
2. Have them 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. While keeping their heel on the ground, have them do a squat (not necessarily a deep squat), bend their front knee, and try to touch their knee to the wall. Ensure their knee is directly above your ankle and doesn't go past your toes. This means they can't bend their knee forward.
4. If they can touch their knee to the wall without lifting their heel, have them step back and try again with their front foot a little farther away from the wall. Have them keep stepping back until they can no longer touch the wall with their knee without lifting their heel.
5. Measure the distance between their big toe and the wall. This will give you a good indication of their ankle mobility and dorsiflexion.

Results

- ☐ The patient is able to touch the wall with their knee while their toes are 6 inches away from it, indicating average ankle mobility.
- ☐ The patient's toes are more than 6 inches away from the wall when their knee touches it, suggesting full or excellent ankle mobility.
- ☐ The patient is unable to touch the wall with their knee while their toes are 6 inches away, indicating limited or poor ankle mobility.

Additional notes