

Movement System Analysis: Foot and Ankle

Functional Status and Task Analysis

Does not stand _____

Stands but does not ambulate _____

With device (stander or gait trainer) _____

Stands for transfers or other function _____

Pre-ambulatory _____

Ambulatory (with or without device) _____

Stance phase _____

Loading response _____

Midstance: self-selected shank angle _____

1-Shank angle WFL _____

2-Excessively inclined shank _____

3-Excessively reclined shank _____

Terminal Stance _____

Swing phase _____

Foot clearance _____

Limb positioning at TS (location of Initial contact) _____

Transverse and Frontal Plane findings _____

Lifespan status _____

Musculoskeletal Findings

Altered joint physiology due to health condition _____

Altered muscle strength or endurance due to health condition _____

Structural variants _____

Atypical structure _____

TC Axis test: TC joint alignment _____

Structural findings:

	Coronal Plane	Transverse Plane
Hip/femur		
Knee/tibia		
Hindfoot		
Midfoot		
Forefoot		

Functional Variants

DF Stress test, 1-Neutral hindfoot _____

End feel 2-Pronated hindfoot _____

3-Supinated hindfoot _____

Joint function

	Alignment, Joint play, End feel, Arthrokinematics, ROM
Distal tib/fib	
Talo-crural	
Subtalar	
Midtarsals	
Forefoot	
Digits	

Altered relative stiffness/flexibility _____

Altered line of pull of muscles around joints _____

Key Findings _____

Task Analysis: _____

MS: _____

NM: _____

Sensory and Pain: _____

Other Systems: _____

Individual: _____

Soft tissue status

	Superficial	Middle	Deep
Thigh/knee			
Medial calf			
Lateral calf			
Heel cord			
Post Hindfoot			
Ant Hindfoot			
Midfoot			
Forefoot/digits			

NWB Corrective force test _____

WB Corrective force test _____

Neuromotor and Motor Control Findings

Neuromotor MSD _____

Muscle activation and timing

Impaired recruiting _____

Excessive recruiting _____

Insufficient Force _____

Insufficient Endurance _____

Insufficient Range _____

Impaired Relaxation _____

Tonic contraction _____

Atypical habitual patterns of movement _____

Inconsistent Motor Patterns _____

Emerging Motor Control _____

Balance Strategies _____

Sensory Perception and Pain

Sensory perception of the foot/ankle

Hyperperceptive _____

Hypoperceptive _____

Altered sensory/perception elsewhere in the movement system _____

Pain In foot/ankle/lower leg _____

Elsewhere in kinetic chain _____

Relevant Cardiopulmonary, Integumentary, Endocrine, Neurodevelopmental, Gastrointestinal, Lymphatic System Findings

GERD _____

ASD _____

Cardiopulmonary _____

Integumentary _____

Individual Characteristics

Sustained alignments based on regular activities _____

Participation interests _____

Structural demands of the regular and goal environments _____

Patient and family goals _____

Engagement with therapy and orthoses _____

Suspected Drivers: _____

Limiting Factors: _____

Goals of Intervention: _____

