



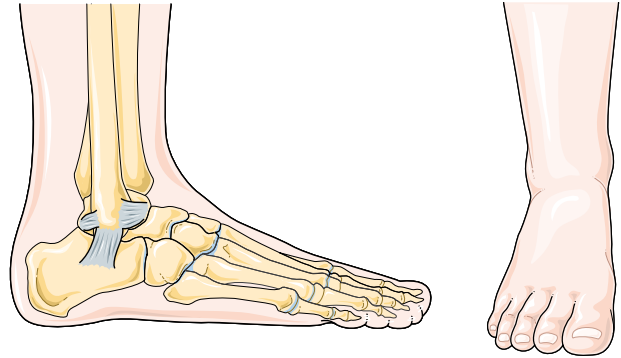
ANKLE ASSESSMENT FORM



Providing coaches, referees, players, and administrators with the knowledge, skills, and leadership abilities to ensure that safety and best practice principles are incorporated into all aspects of contact rugby.

ANKLE ASSESSMENT FORM

NAME: _____
 D.O.B. / /
 DATE: / / Dominance
 POSITION:



HISTORY:

Mechanism of Injury

Inversion	Eversion	Plantar flex	Dorsiflex
Acceleration	Deceleration	Cutting	Twist

Pain

Ant	Post	Med	Lat	Gen
Rest	During activity	After activity		

Aggravating Factors: Relieving factors:

Functionally

Continue	WB	Walk	Run
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Functional limitations:

Swelling

Immediate	Delayed	After activity
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PAST HISTORY

INVESTIGATIONS

Ottawa ankle rules: (+/-)

- Post edge or tip lateral malleolus
- Base of V metatarsal
- Post edge or tip medial malleolus
- Navicular

COMMENTS

EXAMINATION

L	R
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Range of Motion

DORSIFLEX	<input type="checkbox"/>	Limiting	<input type="checkbox"/>	Limiting
NWB:				
Normal: 50°				
PLANTARFLEX	<input type="checkbox"/>	Limiting	<input type="checkbox"/>	Limiting
NWB:				
Normal 20°				
DORSIFLEX	SOLEUS	GAST	SOLEUS	GAST
WB				
Soleus 30-40°		Gastrocnemius: 20-30°		
SUPINATION	<input type="checkbox"/>		<input type="checkbox"/>	
Normal 45°-60°				
PRONATION:	<input type="checkbox"/>		<input type="checkbox"/>	
Normal 15°-30°				

Stability

TALAR TILT +/-	<input type="checkbox"/>		<input type="checkbox"/>	
MED STRESS +/-	<input type="checkbox"/>	PAIN	<input type="checkbox"/>	PAIN
ANT DRAW +/-	<input type="checkbox"/>	PAIN	<input type="checkbox"/>	PAIN

Special Tests

COMP TEST +/-	<input type="checkbox"/>		<input type="checkbox"/>	
ER STRESS +/-	<input type="checkbox"/>		<input type="checkbox"/>	
POST IMP +/-	<input type="checkbox"/>		<input type="checkbox"/>	
ANT IMP +/-	<input type="checkbox"/>		<input type="checkbox"/>	
PROPRIOCEP		Eyes closed		Eyes closed
Touches in 30 sec				
	Head tilt	Foam	Head tilt	Foam

