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  
Functional limitations:  

Swelling
- Immediate  
- Delayed  
- After activity  

Past History  

INVESTIGATIONS
- Ottawa ankle rules: (+/-) 
  - Post edge or tip lateral maleolus  
  - Base of V metatarsal  
  - Post edge or tip medial maleolus  
  - Navicular  

COMMENTS  

EXAMINATION

Range of Motion

<table>
<thead>
<tr>
<th></th>
<th>L</th>
<th>R</th>
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<tbody>
<tr>
<td>DORSIFLEX</td>
<td>Limits</td>
<td>Limits</td>
</tr>
<tr>
<td>Normal: 50°</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PLANTARFLEX</td>
<td>Limits</td>
<td>Limits</td>
</tr>
<tr>
<td>Normal 20°</td>
<td></td>
<td></td>
</tr>
<tr>
<td>DORSIFLEX</td>
<td>SOLEUS</td>
<td>GAST</td>
</tr>
<tr>
<td>WB</td>
<td></td>
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</tr>
<tr>
<td>Soleus 30-40°</td>
<td>Gastrocnemius: 20-30°</td>
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<tr>
<td>SUPINATION</td>
<td></td>
<td></td>
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<tr>
<td>Normal 45°-60°</td>
<td></td>
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<tr>
<td>PRONATION:</td>
<td></td>
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<tr>
<td>Normal 15°-30°</td>
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</tbody>
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Stability

- TALAR TILT +/-  
- MED STRESS +/-  
- ANT DRAW +/-  

Special Tests

- COMP TEST +/-  
- ER STRESS +/-  
- POST IMP +/-  
- ANT IMP +/-  
- PROPRIOCEP  
  - Touches in 30 sec  
  - Eyes closed  
  - Head tilt  
  - Foam  
  - Eyes closed  
  - Head tilt  
  - Foam  

PAIN  

Eyes closed  

SOLEUS  

GAST  

SOLEUS  

GAST  

PAIN  

PAIN  

PAIN  

PAIN  

PROPRIOCEP  

Touches in 30 sec  

Eyes closed  

Head tilt  

Foam  

Eyes closed  

Head tilt  

Foam