

Range of Motion Lab

Objective: The student will become familiar with the procedures used to assess the non-weightbearing Range of Motion of the foot and ankle.

Materials: 1. Gloves
2. Goniometer (optional)
3. Basic Functional Foot Assessment Form

Procedure:

1. **ROM Exam:** Done with gloves and the patient sitting comfortably, shoes and socks off. A Goniometer may be used to gain a more accurate measurement.
 - a. **Foot Type:** Rigid / Mobile / Hypermobile
 - b. **Arch Type:** Cavus / Normal / Planus
 - c. **Mobility:** Hyper / Normal / Rigid
 - d. **Forefoot to Rearfoot Relationship:** 1st and 5th forms a “T” with the Achilles tendon.
 - e. **Forefoot Inversion:** Normal ROM: 0° to 45°
 - f. **Forefoot Eversion:** Normal ROM: 0° to 30°
 - g. **First Ray Mobility:** The first ray should plantarflex and dorsiflex equally
 - h. **Hallux Flexion and Extension:** Normal Hallux Flexion ROM: 0° to 40°, Normal Hallux Extension ROM: 0° to 70° - 90°
 - i. **Lesser Digits Flexion and Extension:** Normal Lesser Digit Flexion ROM: 0° to 40°, Normal Lesser Digit Extension ROM: 0° to 50°
 - j. **Ankle ROM:** Normal Dorsiflexion ROM: 0° to 10° - 30°, Normal Plantarflexion ROM: 0° to 45° - 65°
 - k. **Hindfoot ROM:** Inversion: Normal ROM: 25° - 30°, Eversion: Normal ROM: 5° - 10°
 - l. Repeat for opposite foot.
2. Record your findings on the Basic Functional Foot Assessment Form provided.