

FOCUSED FOOT & ANKLE EXAMS

HALLUX VALGUS

Look Foot wear & orthotics

Scars

Deformity Prenated hallux

Toe dysplasia

Callouses

Gait Compromised 3rd rocker

Feel

Move 1st MTP jt correctable

1st MTP jt painful (arthritic)

1st TMT jt stability (Ligaments)

FOOT DROP

Causes ① Spine

② Sciatic nerve (most common iatrogenic injury THA)

③ Common peroneal nerve

④ Tibialis anterior

Look Spine, hip, knee

Gait Foot drop, splint

Neuro exam TA (DPN), PB (SPN), Plantar flexion = TN

Trendelenburg = L5