Evaluating For Equinus

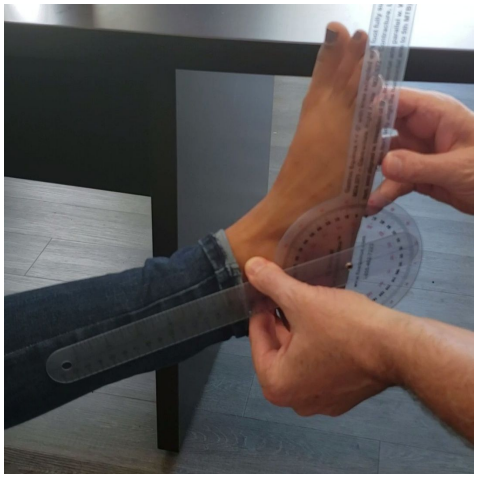
Recent studies recommend a supinated foot position as a more reliable foot position for measuring the clinical ankle joint range of motion and propose it as a potential standard.

A New Paradigm, A New Definition

Current literature shows that “subjects with less than -5º of dorsiflexion during static examination did exhibit reduced ankle range of motion during gait.”

An Updated Field Guide

1. Use your thumb and index finger to stabilize the vertical arm along the bisection of the fibula. Align the horizontal arm parallel with the bottom of the foot (weight-bearing surface)
2. Supinated the whole foot while maintaining goniometer alignment

What to Document

- DF with the knee extended (foot supinated)
- DF with the knee flexed (foot supinated)
- The total range of motion - plantarflexion/dorsiflexion (not supinated)

Video Guide

Search YouTube for “*Evaluating for Equinus - IQ Medical*

IQ medical®

www.fixequinus.com

Study references can be found on the back page

Gatt, Alfred, et al. "A pilot investigation into the relationship between static diagnosis of ankle equinus and dynamic ankle and foot dorsiflexion during stance phase of gait: Time to revisit theory?." *The Foot* 30 (2017): 47-52.

Dayton, Paul, et al. "Experimental comparison of the clinical measurement of ankle joint dorsiflexion and radiographic Tibiotalar position." *The Journal of Foot and Ankle Surgery* 56.5 (2017): 1036-1040.