

### Lower Extremity Postural Assessments

Skill	Cl. Preceptor		Comments
	Score	Initial	
<b>POSTURE ASSESSMENT</b>			
References use of plumb line			
<b>Lateral</b>			
Lateral malleolus			
Lateral femoral condyle			
Greater trochanter			
Tibia/foot relationship			
<b>Anterior</b>			
Feet position			
Tibial crests			
Knees			
Patellas			
Fibular heads			
Iliac crests			
<b>Posterior</b>			
Feet spacing			
Feet alignment			
Knee spacing			
<b>OVERHEAD SQUAT TEST</b>			
<b>Starting Position</b>			
Feet positioned hip to shoulder width			
Toes pointing straight ahead			
Arms straight overhead			
Instructs to sit-squat			
<b>Anterior Movement Pattern</b>			
Checks for toe out			
Checks for knee compensation			
<b>Lateral Movement Pattern</b>			
Checks for forward lean			
Checks for arm position			
<b>Posterior Movement Pattern</b>			
Checks for foot pronation			
Recognizes muscle tightness			
Recognizes muscle weaknesses			

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### Lower Extremity Neurological Assessments

Skill	Cl. Preceptor		Comments
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<b>NEUROLOGICAL ASSESSMENTS</b>			
<b>Lower extremity dermatomes L1-S2</b>			
L2 myotome			
L3 myotome			
L4 myotome			
L5 myotome			
S1 myotome			
S2 myotome			
L4 reflex			
L5 reflex			
S1 reflex			
<b>Deep peroneal nerve compression</b>			
<b>Superficial peroneal nerve compression</b>			
Tinel's sign (peroneal)			
Tinel's sign (tibial)			
Morton test			
Intermetatarsal glide			
<b>VASCULAR ASSESSMENTS</b>			
Femoral pulse			
Popliteal pulse			
Posterior tibial pulse			
Dorsal pedal pulse			

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### Lower Extremity Measurements & Goniometry

Skill	Cl. Preceptor		Comments
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<b>MEASUREMENTS</b>			
Navicular drop			
Tibial torsion			
Lower leg girth			
Q-angle			
Tibial sulcus angle			
Fem. anteversion/retroversion (Craig's Test)			
True leg length			
Functional leg length			
Patella alta/baja			
Neutral calcaneal stance (ALM)			
<b>GONIOMETRY</b>			
Ankle plantarflexion			
Ankle dorsiflexion			
Ankle inversion			
Ankle eversion			
Knee flexion			
Knee extension			
Hip flexion			
Hip extension			
Hip abduction			
Hip adduction			
Hip internal rotation			
Hip external rotation			

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### Lower Extremity Manual Muscle Testing

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Tibialis anterior			
Extensor digitorum longus			
Extensor hallucis longus			
Tibialis posterior			
Flexor digitorum longus			
Flexor hallucis longus			
Peroneus longus/brevis			
Peroneus tertius			
Soleus			
Gastrocnemius			
Quadiceps			
Lateral hamstrings			
Medial hamstrings			
Sartorius			
Tensor fascia latae			
Iliopsoas			
Hip adductors			
Gluteus maximus			
Gluteus medius			
Gluteus minimus			
Hip medial rotators			
Hip lateral rotators			

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**Knee Skills: Patellofemoral & Misc Knee Assessments**

Skill	Cl. Preceptor		Comments
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Effusion milking			
Ballotable patella			
Q-angle measurement			
Medial/lateral glides			
Superior/inferior glides			
Patellar alignment (baja, alta, squinting, frog)			
Tubercle sulcus angle measure			
<b>PATELLAR POSITIONING</b>			
Superior/inferior tilt			
Medial/lateral tilt			
Pole rotation			
<b>ILIOTIBIAL BAND ASSESSMENTS</b>			
Ober test			
Noble compression test			
Renne's test			
<b>PLICA ASSESSMENT</b>			
Stutter test			
Test for medial synovial plica			
Palpation assessment			
Wilson's sign/test			
Apley compression test			
McMurray (modified)			
Thessaly			
Explains application of Ottawa knee rules			

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### Knee Ligamentous tests: Straight plane & rotary

Skill	Cl. Preceptor		Comments
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Varus stress test (0° & 30°)			
Valgus stress test (0° & 30°)			
Anterior drawer			
Posterior drawer			
Sag sign			
Godfrey 90-90 test			
Lachman/modified			
Tib-fib translation			
Pivot shift			
Slocum drawers			
Dial test			
Slocum ALRI (flexion reduction drawer)			
Crossover test			
External rotation recurvatum			

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### Hip Skills

Skill	Cl. Preceptor		Comments
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<b>SI Compression/distraction</b>			
<b>FABER</b>			
<b>Long sit</b>			
<b>Thomas/Kendall</b>			
<b>Trendelenberg</b>			
<b>Ely's</b>			
<b>Femoral nerve traction</b>			
<b>Hip scouring</b>			
<b>Gaenslen</b>			
<b>Piriformis syndrome test</b>			
<b>Fulcrum test</b>			

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### Gait Assessment

Skill	Cl. Preceptor		Comments
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<b>Determines forefoot/rearfoot relationship</b>			
<b>Checks shoes for wear pattern</b>			
<b>Observation of Stance</b>			
<b>Trunk</b>			
<b>Lean (forward, backward, lateral)</b>			
<b>Pelvis</b>			
<b>Contralateral drop</b>			
<b>Hip</b>			
<b>Inadequate extension</b>			
<b>Knee</b>			
<b>Excessive/inadequate flexion</b>			
<b>Uncontrolled extension</b>			
<b>Uncontrolled valgus movement</b>			
<b>Ankle/foot</b>			
<b>Presence of foot slap</b>			
<b>Forefoot contact</b>			
<b>Pronation in midstance</b>			
<b>Re-supination in push-off</b>			
<b>Observation of swing</b>			
<b>Pelvis- Hiking</b>			
<b>Hip- circumduction</b>			
<b>Knee- degree of flexion</b>			
<b>Lower leg- lateral rotation</b>			
<b>Ankle/foot- compensatory eversion</b>			

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### Foot Skills

Skill	Cl. Preceptor		Comments
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<b>Subtalar Neutral (STN)</b>			
Describes STN			
Explains purpose of determining STN			
Describes functional means of assessing STN			
<b>Assesses medial longitudinal arch</b>			
Observes for arch structure			
Checks for structural or functional flat foot			
Navicular drop test			
<b>Observation/inspection</b>			
Inspects shoes for wear			
Checks for swelling			
Inspects for toe deformities & explains			
Inspects for normal/abnormal callus			
<b>PALPATION</b>	Explains significance of palpation locations in assessment of foot conditions		
Calcaneus			
Talus			
Cuboid			
Navicular			
Cuneiforms (3)			
Metatarsals (5)			
Phalanges (14)			
Sesamoids			
M-P joints			
Mid-tarsal articulation			
Medial malleolus			
Lateral malleolus			
Navicular tuberosity			
Peroneal tubercle			
Medial calcaneal tubercle			
Sustentaculum tali			
Styloid process of 5 <sup>th</sup> met			
Calcaneonavicular lig.			
Tarsal tunnel & tendons			
Plantar fascia			
Achilles tendon			
Spring (calcaneonavicular) ligament			
Distal tibia/fibula			
Anterior compartment tendons			
Lateral compartment tendons			
Dorsal pedal pulse			
Posterior tibial pulse			
Tarso-metatarsal articulations			

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<b>Functional Assessments</b>			
<b>AROM</b>			
Toe flexion/extension			
MP flexion/extension			
MP ADD/ABD			
Plantar flexion			
Dorsiflexion			
Inversion			
Eversion			
<b>PROM</b>			
Toe flexion/extension			
MP flexion/extension			
MP ADD/ABD			
Midtarsal glides			
MP glides			
Tarsometatarsal glides			
Plantar flexion			
Dorsiflexion			
Inversion			
Eversion			
<b>RROM</b>			
Toe flexion/extension			
MP flexion/extension			
MP ADD/ABD			
Plantar flexion			
Dorsiflexion			
Inversion			
Eversion			

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### Ankle Skills

Skill	Cl. Preceptor		Comments
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<b>PALPATION</b>			
Anterior talofibular ligament			
Calcaneofibular ligament			
Posterior talofibular ligament			
Anterior tibiofibular ligament			
Posterior tibiofibular ligament			
Anterior tibiotalar ligament			
Tibionavicular ligament			
Tibiocalcaneal ligament			
Posterior tibiotalar ligament			
Styloid process of 5 <sup>th</sup> metatarsal			
<b>Range of Motion: AROM</b>			
Dorsiflexion			
Plantarflexion			
Inversion			
Eversion			
<b>PROM</b>			
Dorsiflexion			
Plantarflexion			
Inversion			
Eversion			
<b>RROM</b>			
Dorsiflexion			
Plantarflexion			
Inversion			
Eversion			
<b>LIGAMENTOUS TESTS</b>			
Anterior drawer			
Talar tilt – inversion			
Talar tilt-eversion			
Kleiger test			
Cotton test			
External rotation test			
Squeeze test			
Point test			
One-legged hop test			
Explains application of Ottawa ankle rules			

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