

SCOREBUILDERS



SPOTLIGHT
Series

Need 2 Know:
Foot/Ankle

Presented by

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Purpose

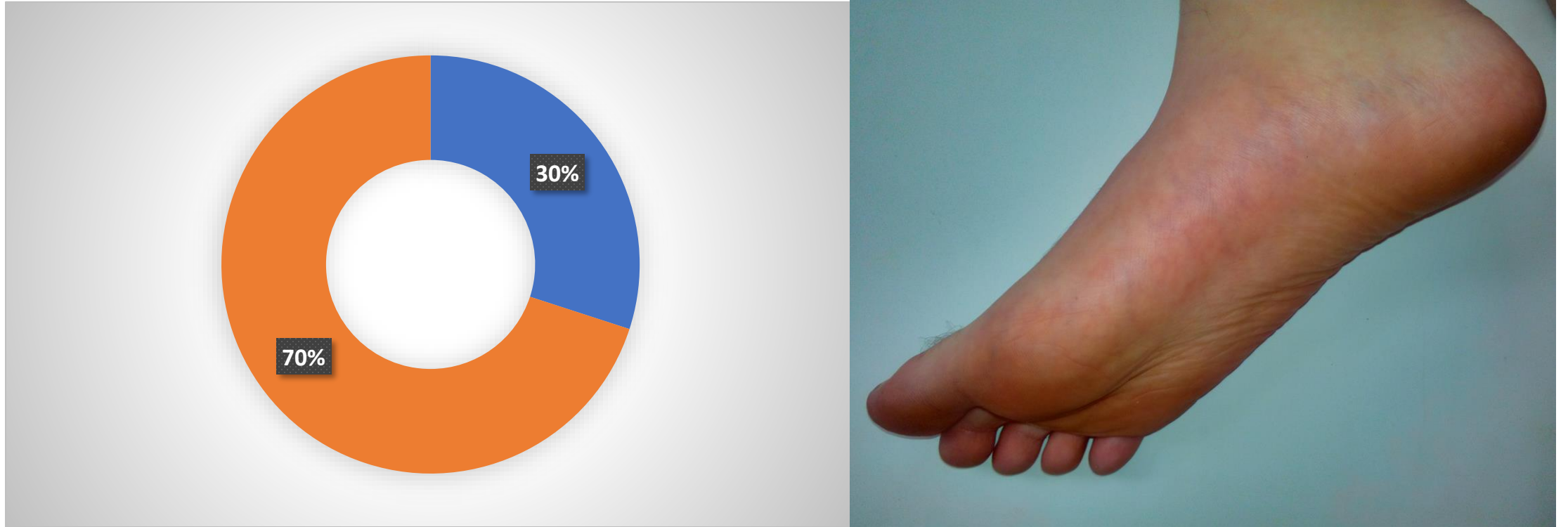
1. Identify areas of focus for your study plan.
2. Prepare you for foot/ankle content that could be encountered on NPTE.

NOT

1. Comprehensive course on the foot/ankle (but covers a lot!).
2. Rehash of Scorebuilders book.

BIG PICTURE

- There are 51-60 items on the NTPTE specific to the MS system



Who FSBPT is testing...

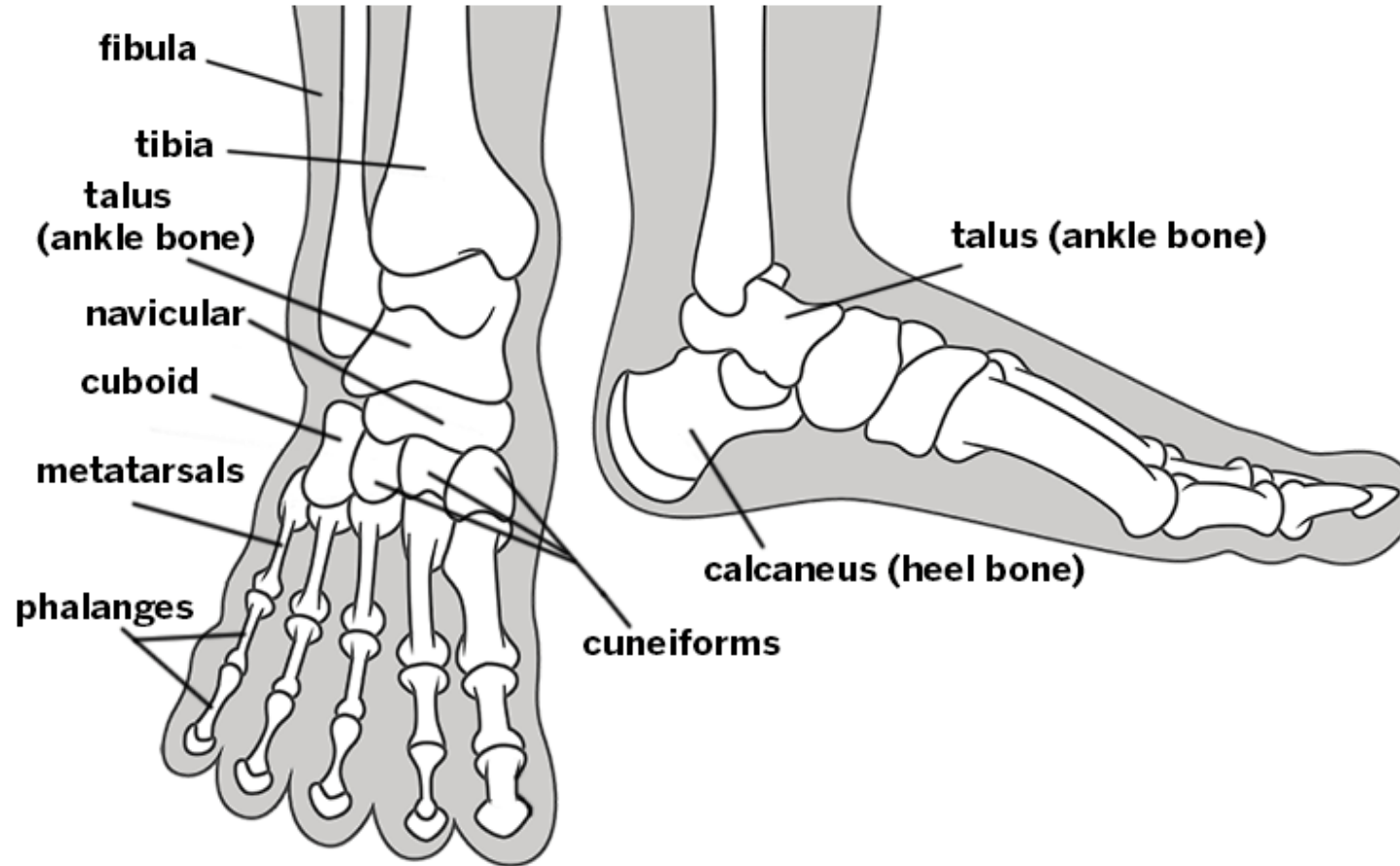


Likely Questions

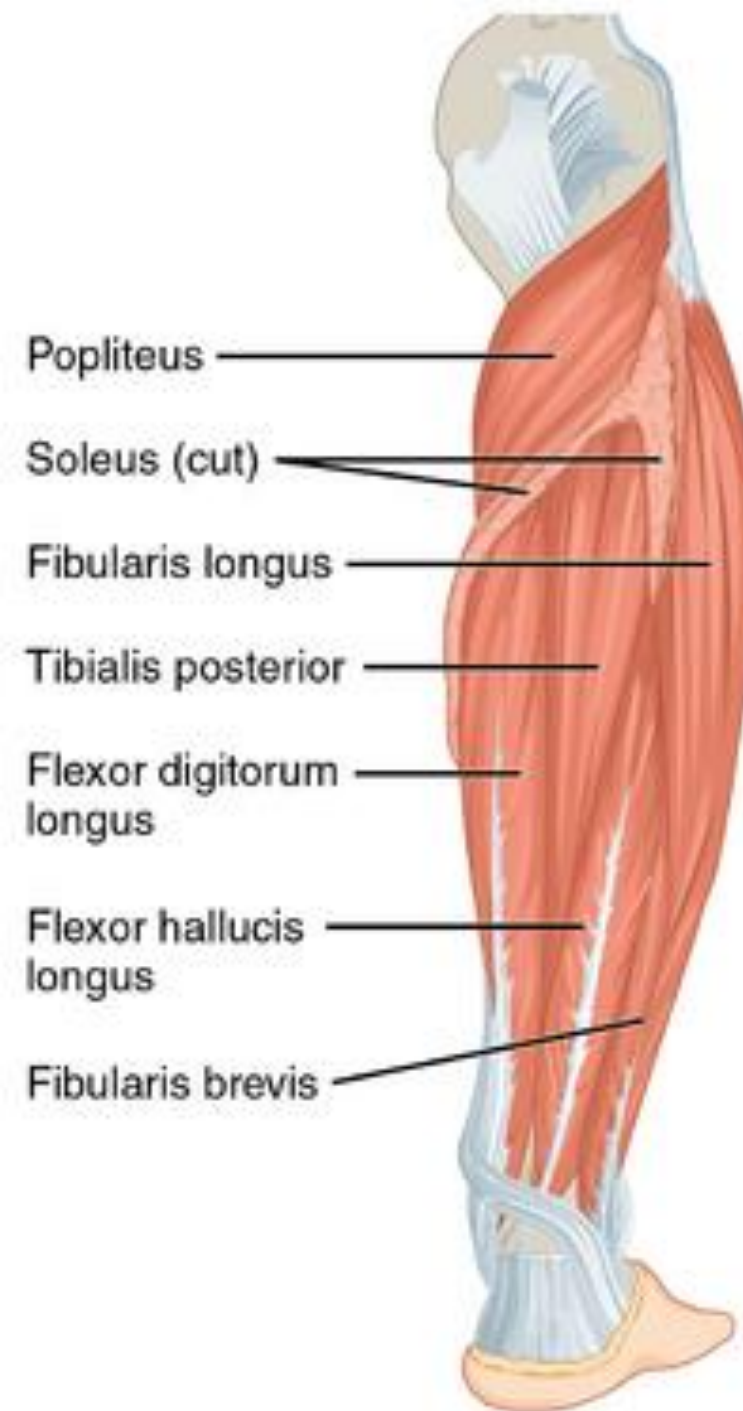
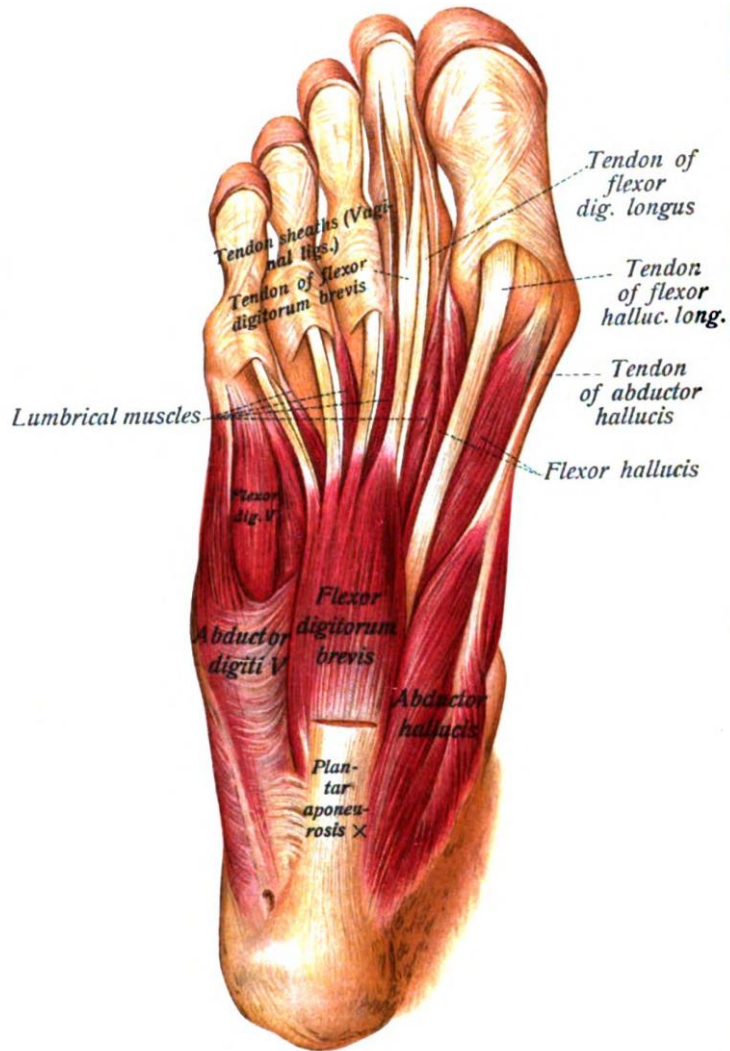
- Anatomy
- Kinesiology
- Basic examination/tests
- Pathologies
- Differential diagnosis



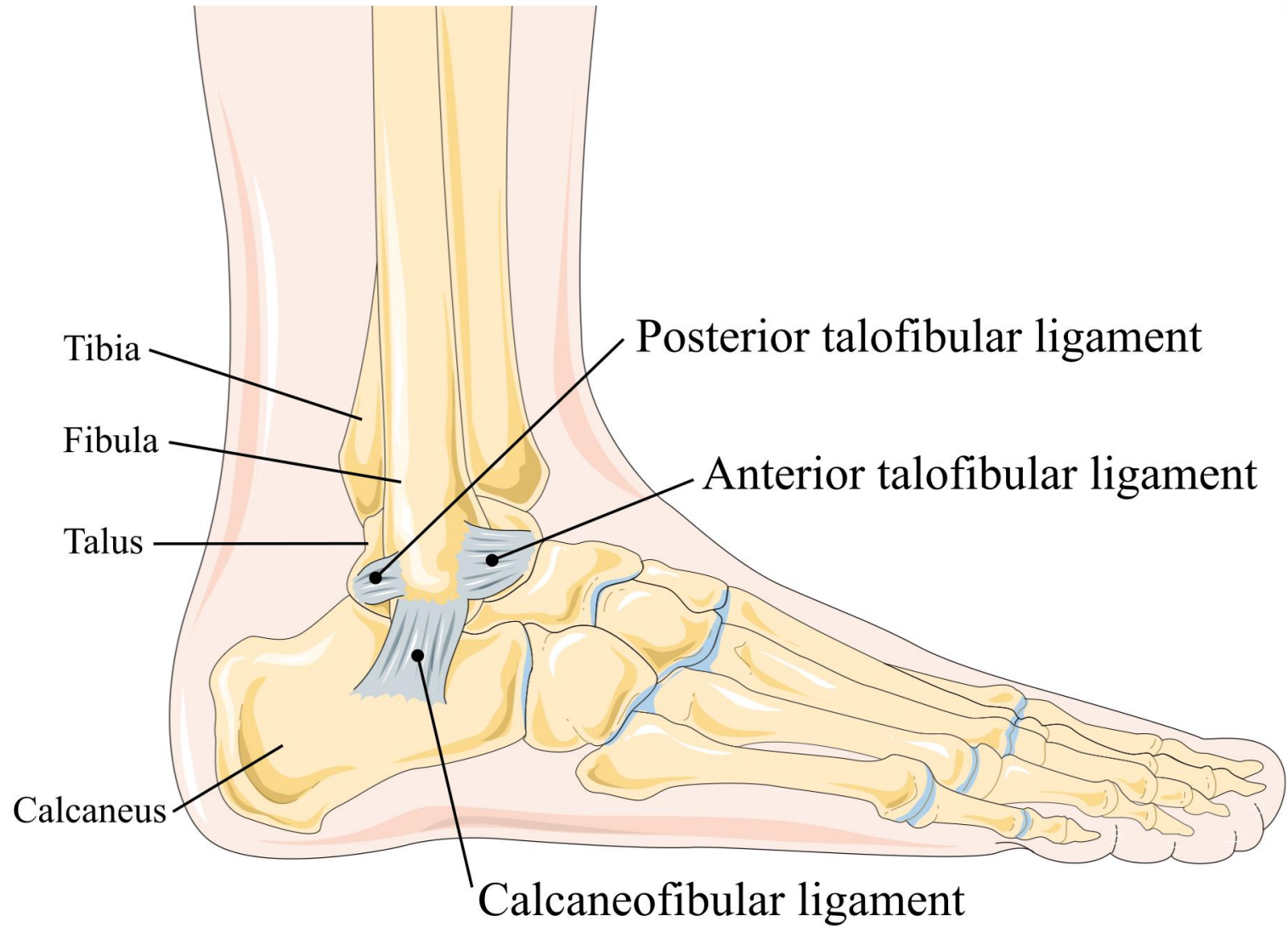
Anatomy



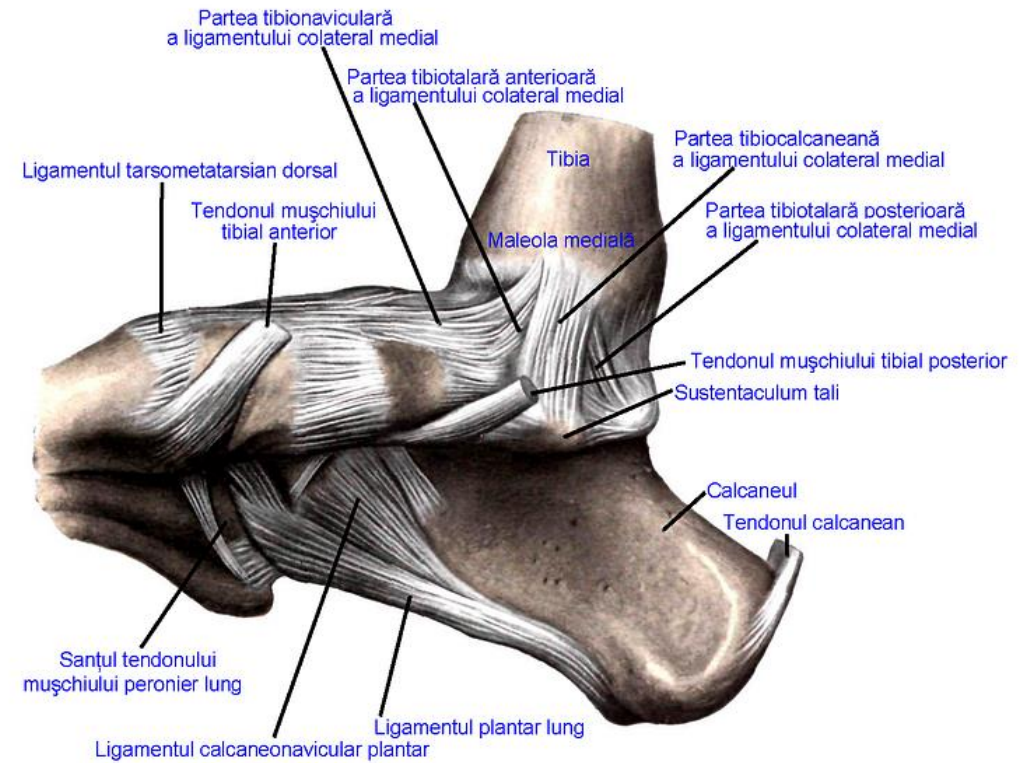
Intrinsic vs Extrinsic



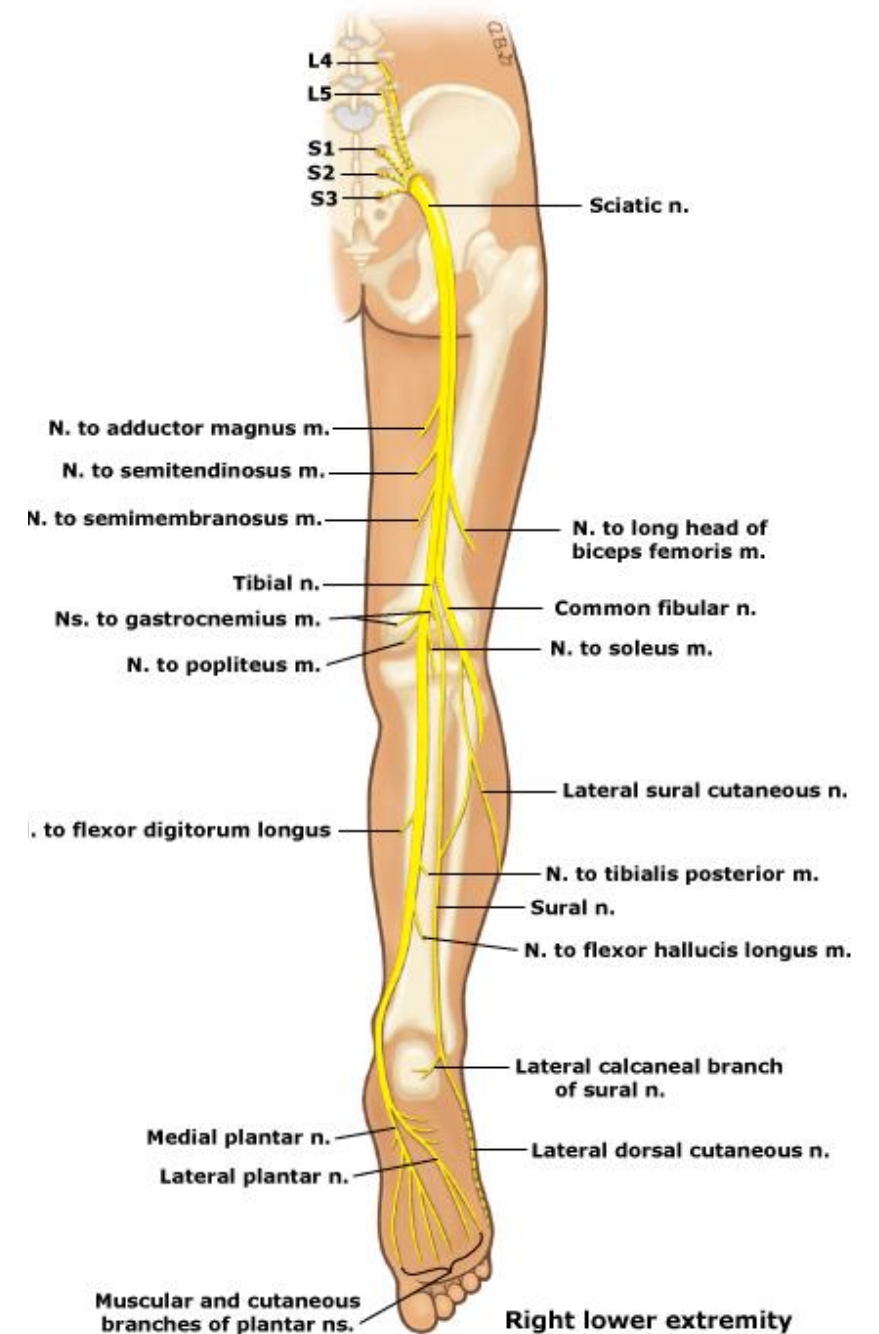
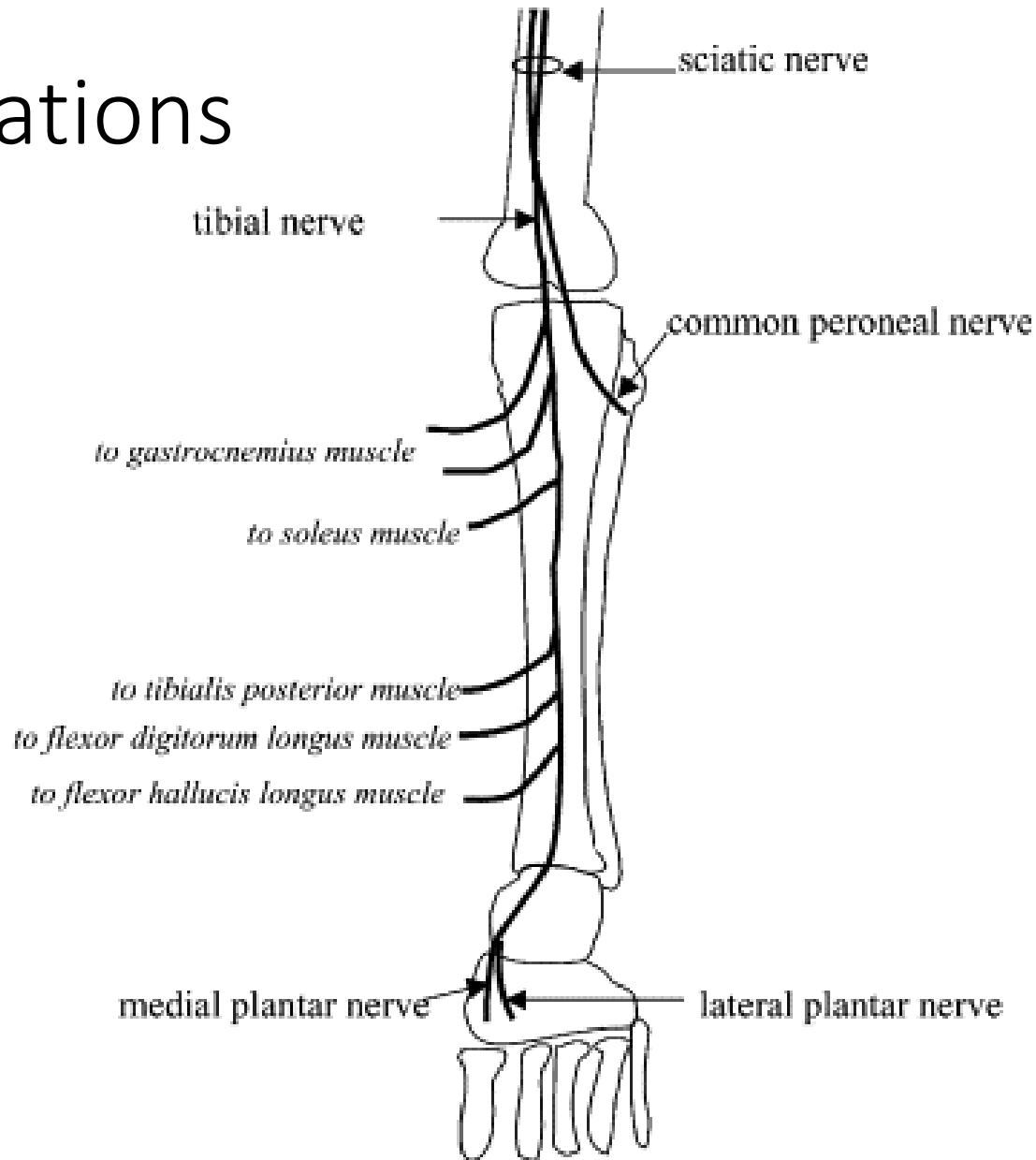
Ligaments



Ligaments

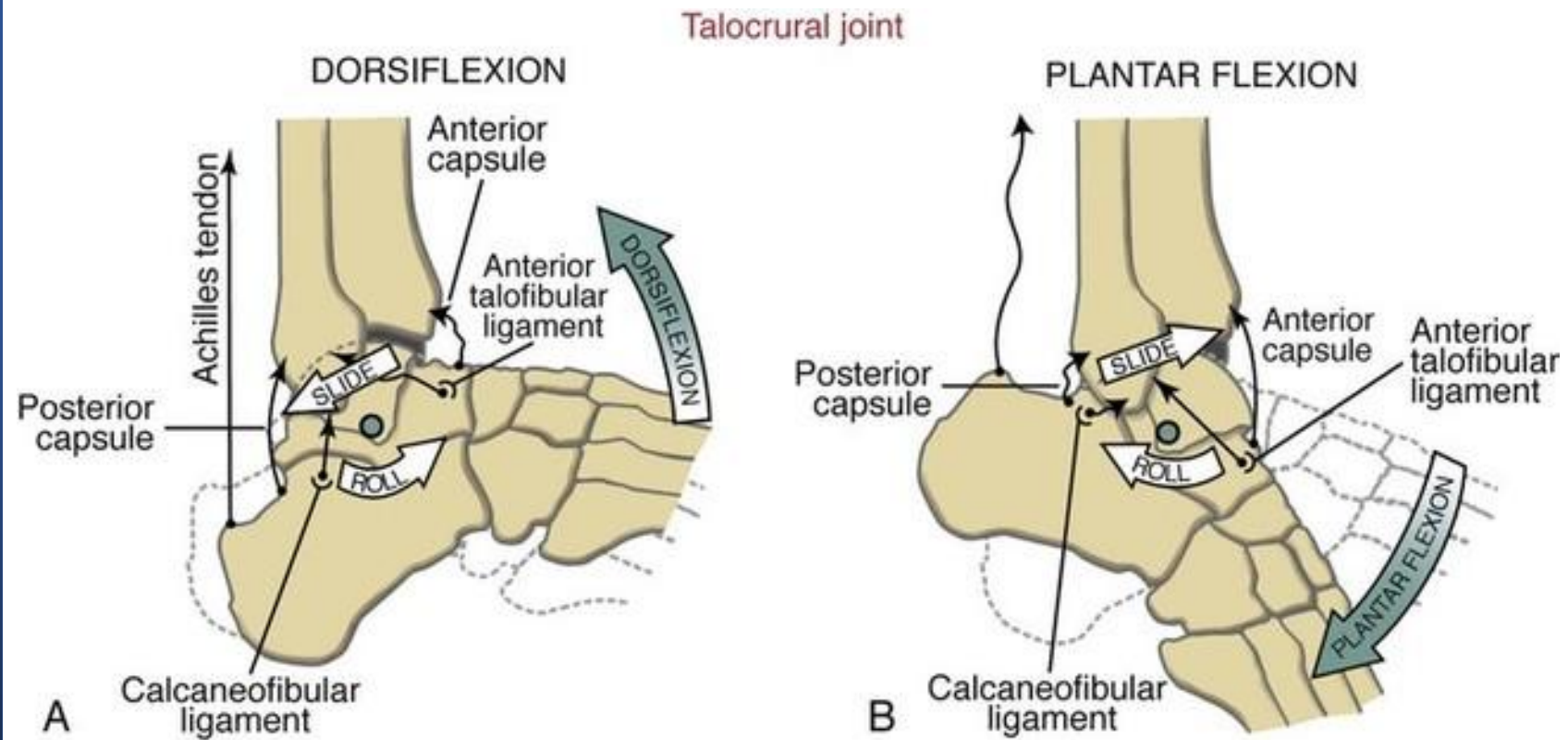


Innervations

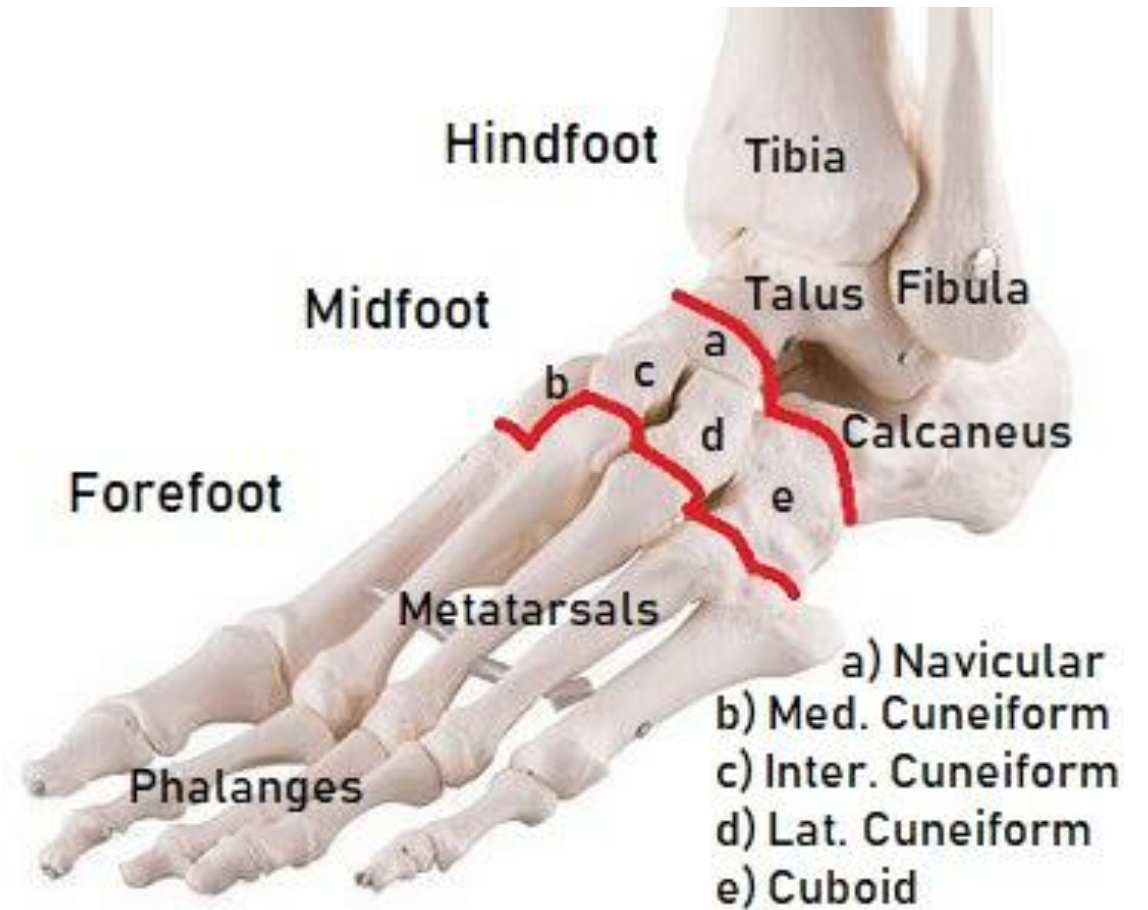
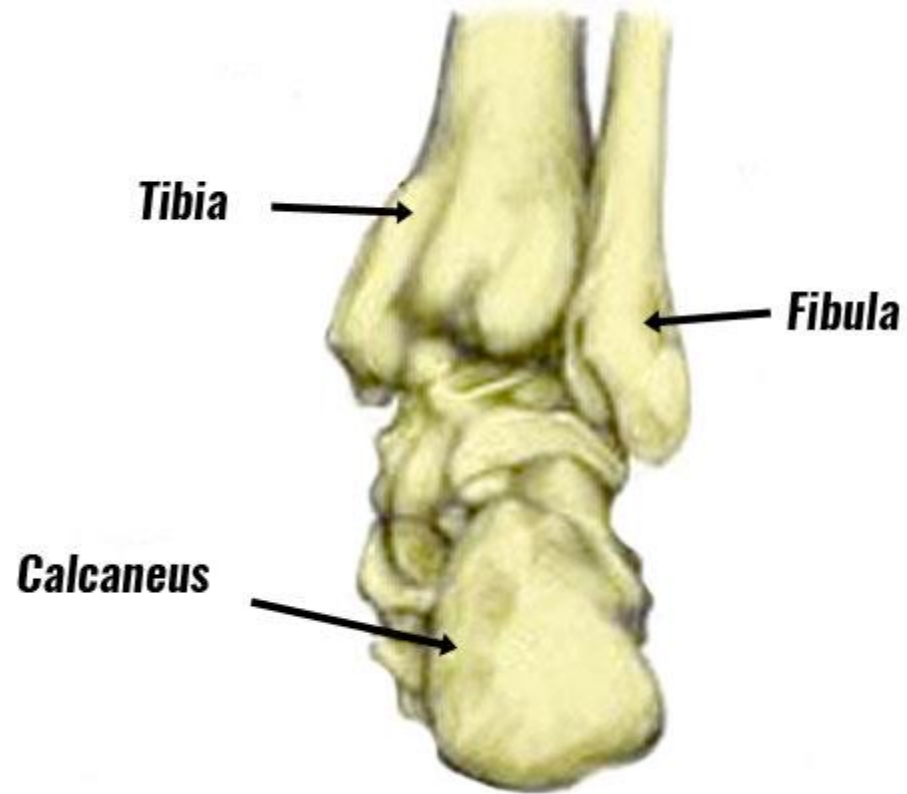




Kinesiology

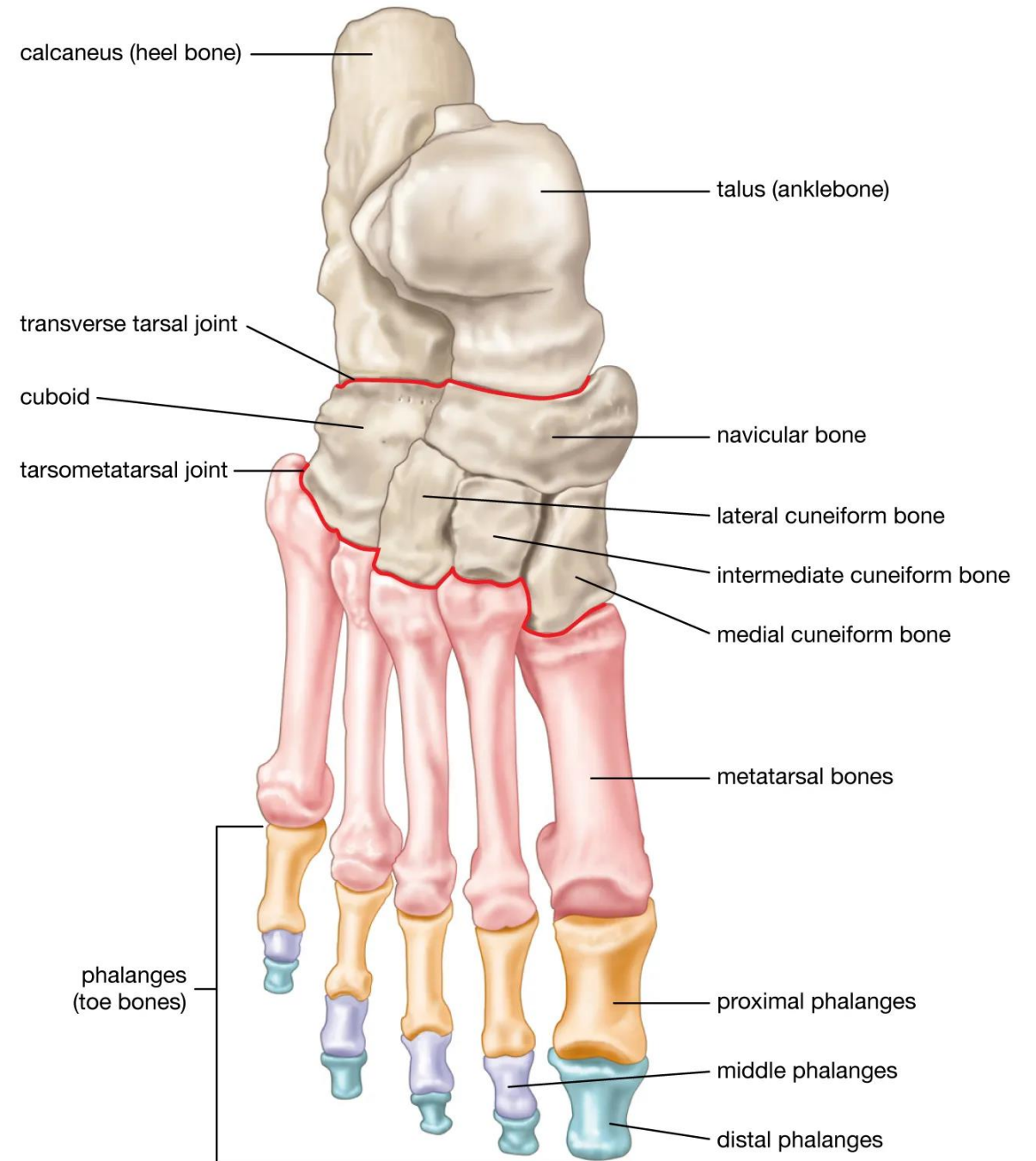


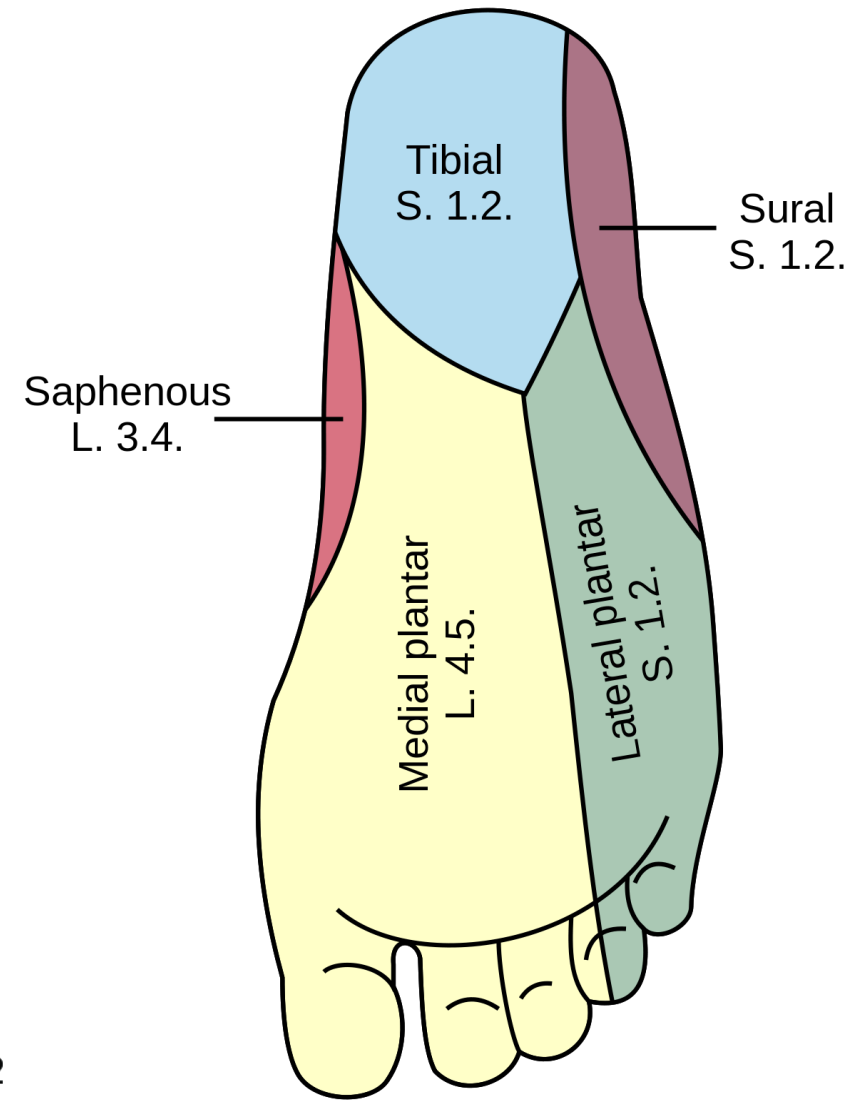
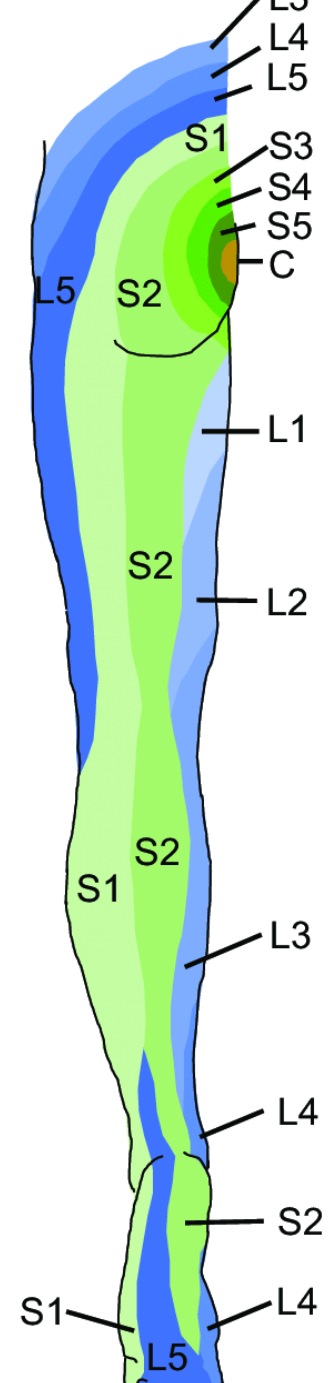
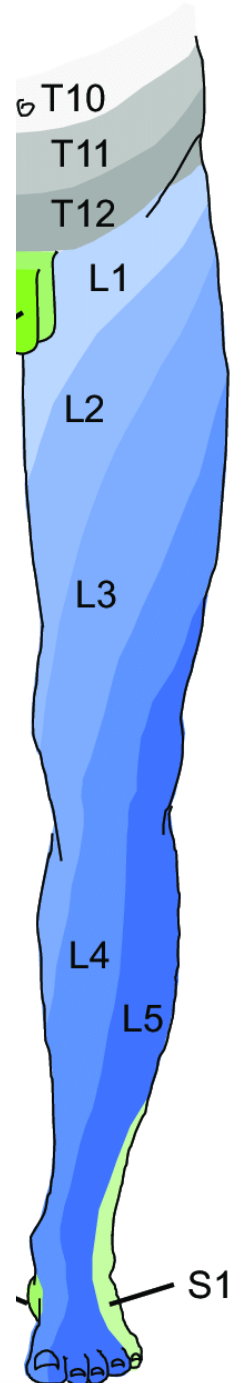
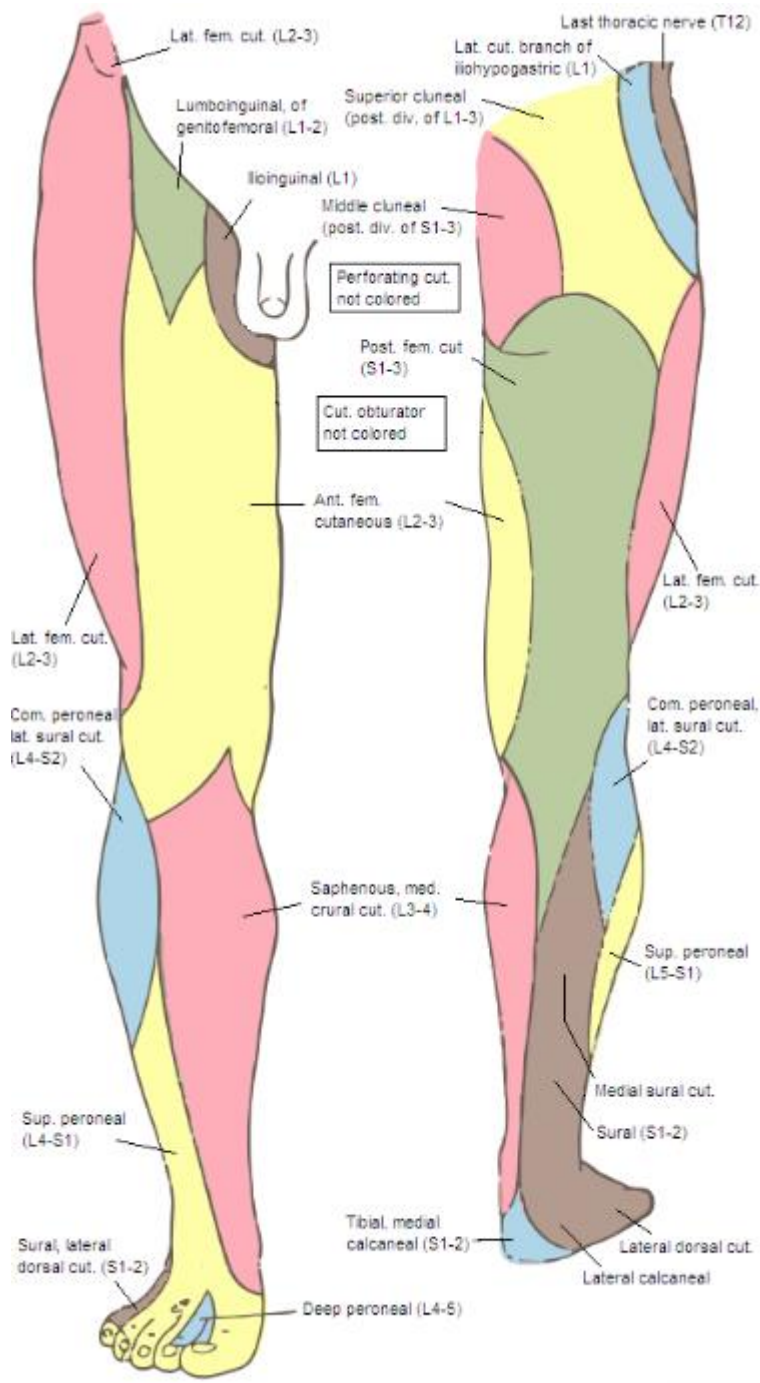
Kinesiology



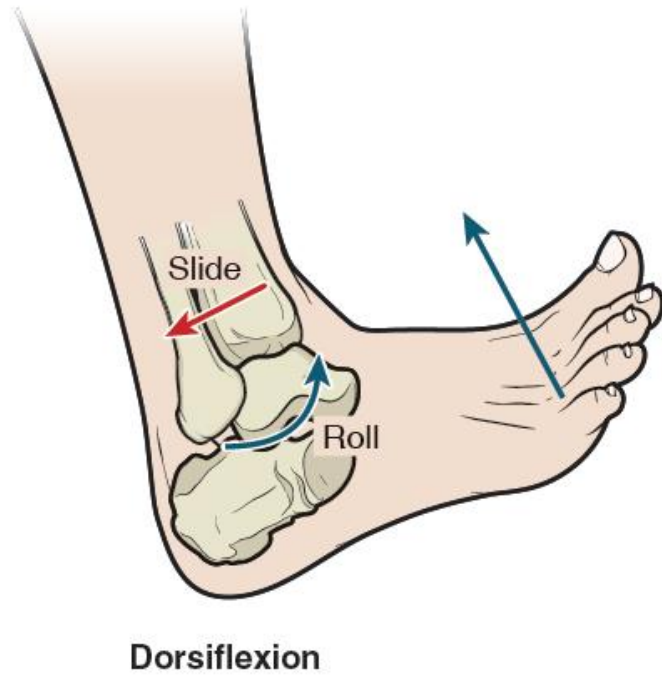
Examination (general)

- Sensory patterns
- Myotomes
- Special



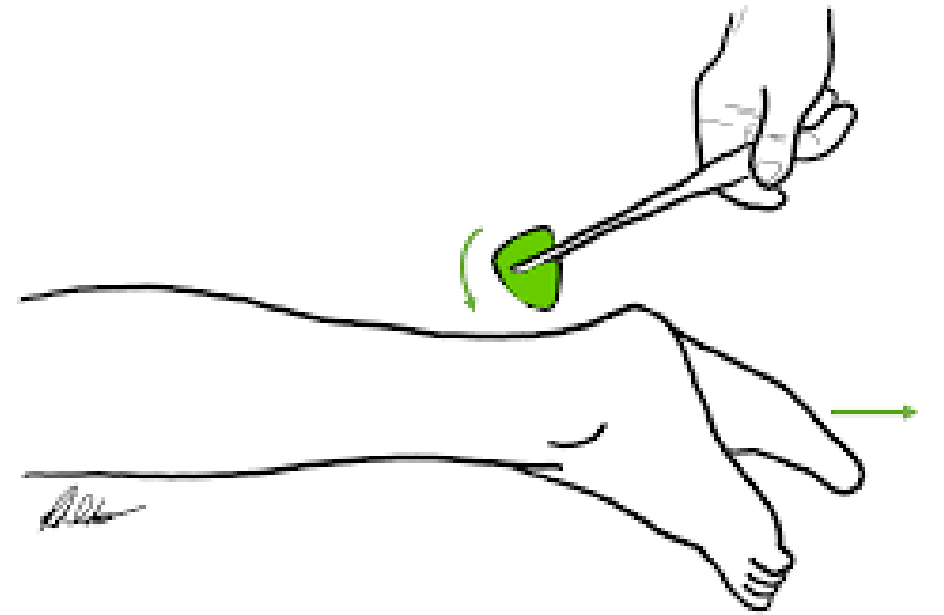


Myotomes



- L3= knee ext
- L4= DF
- L5= great toe extension
- S1= PF

Reflexes



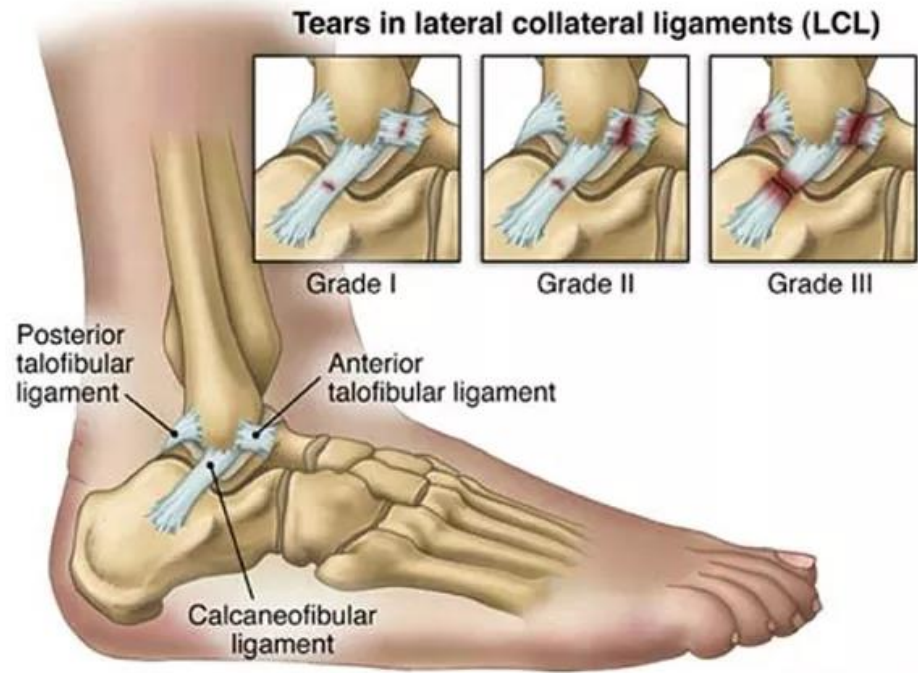
Pathologies

- Lateral ankle sprain
- Medial ankle sprain
- Plantar fasciitis
- Posterior Tibial Dysf.
- Achilles tendonopathy
- Fracture

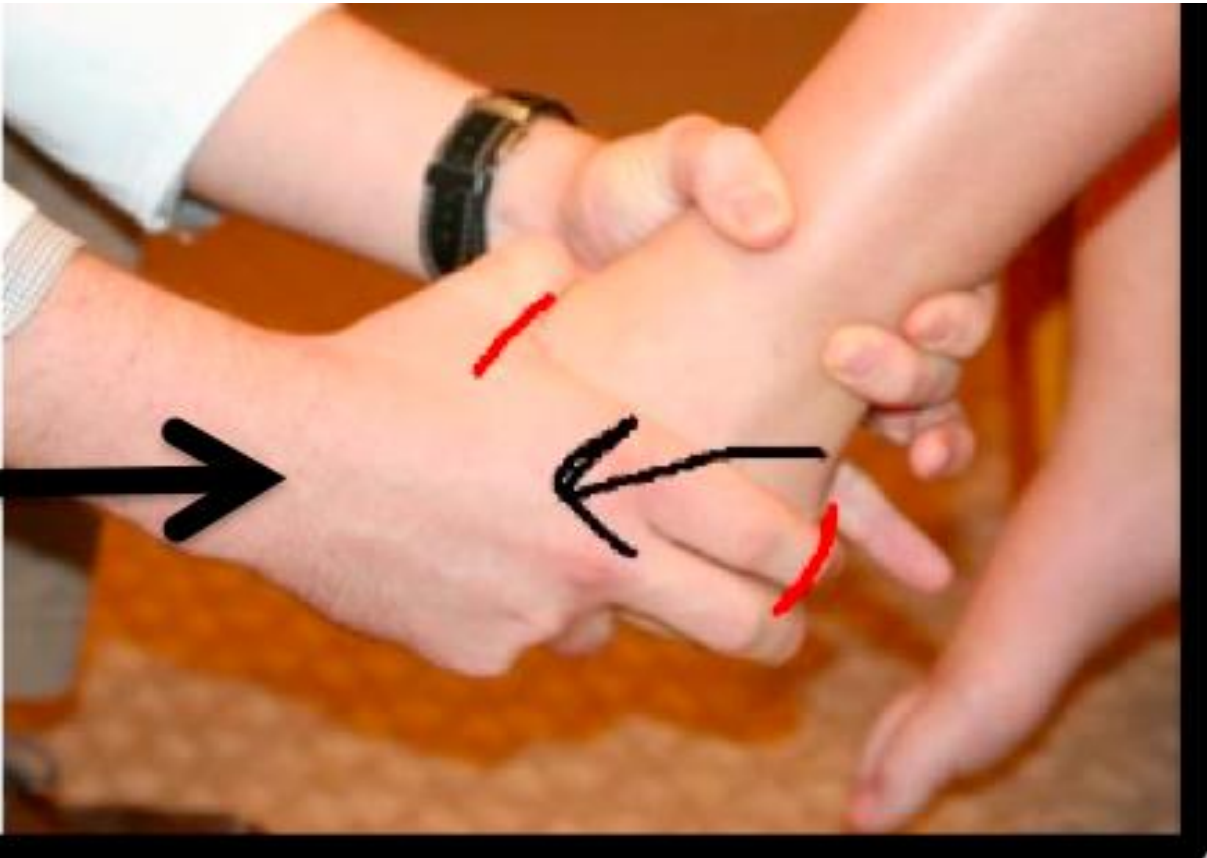


Lateral Ankle Sprain

ANKLE LIGAMENT DAMAGE



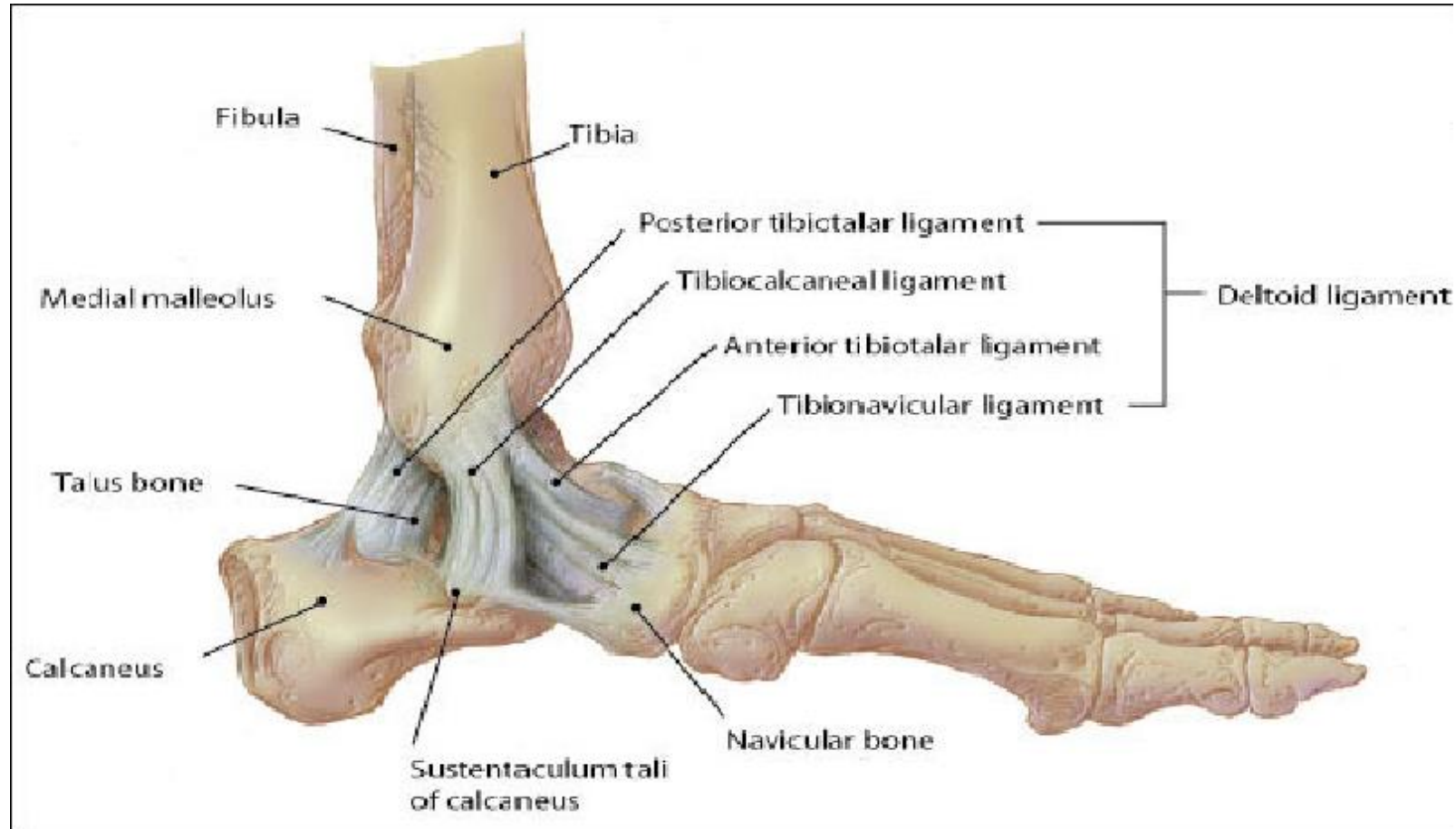
Tests



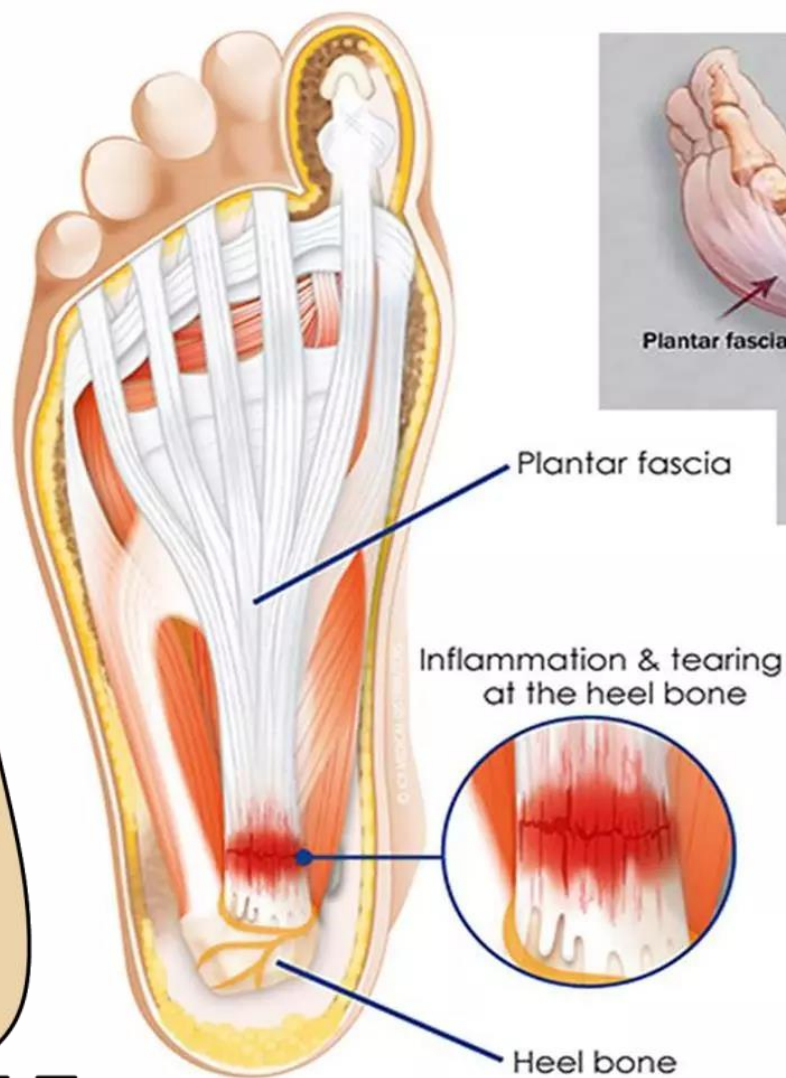
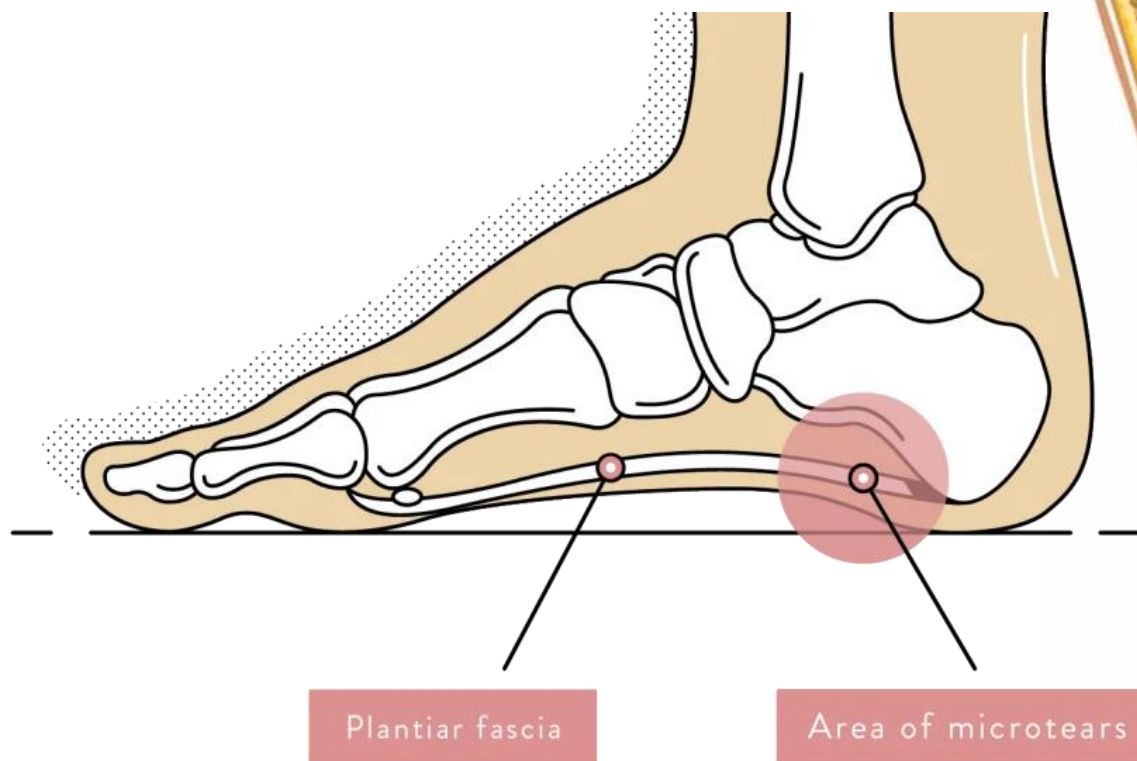
Treatment



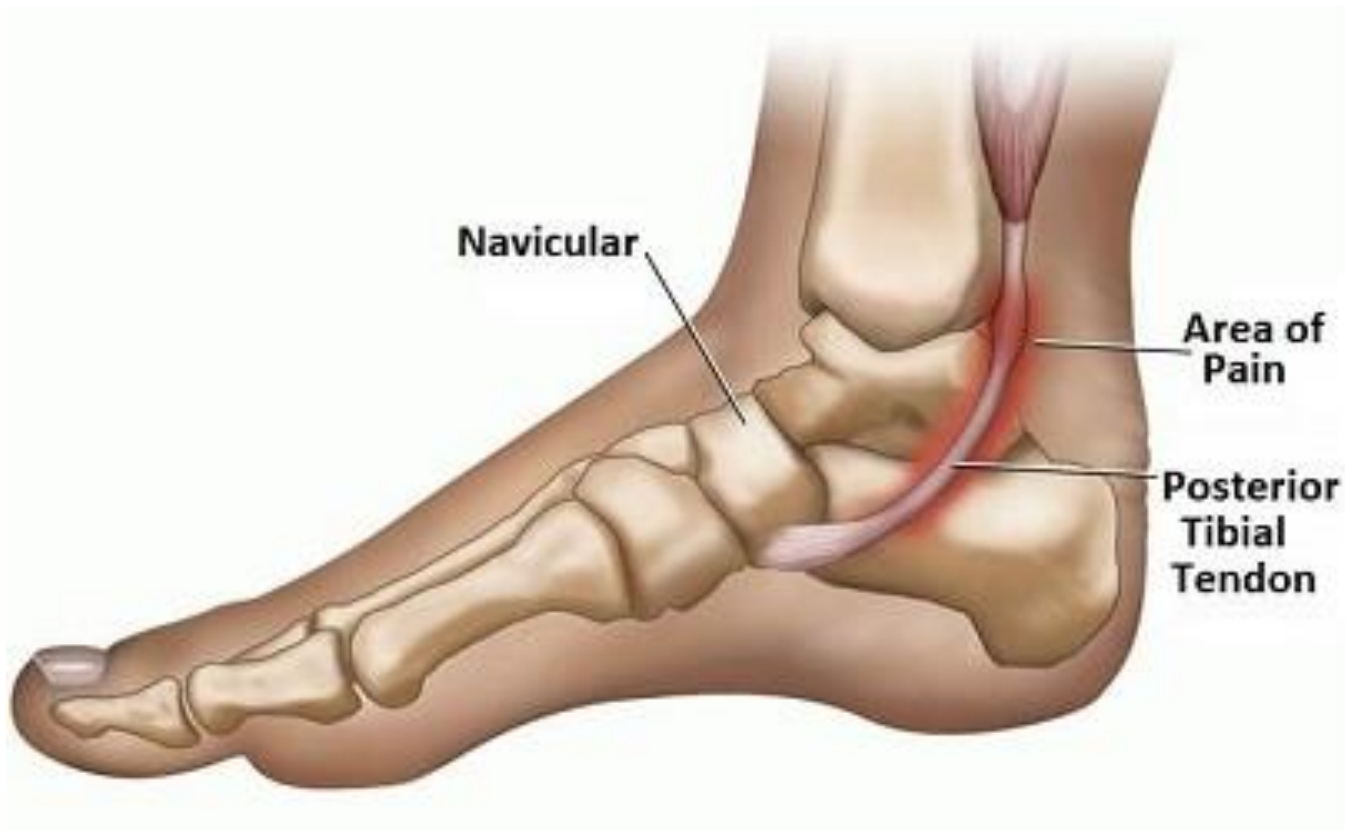
Medial Ankle Sprain



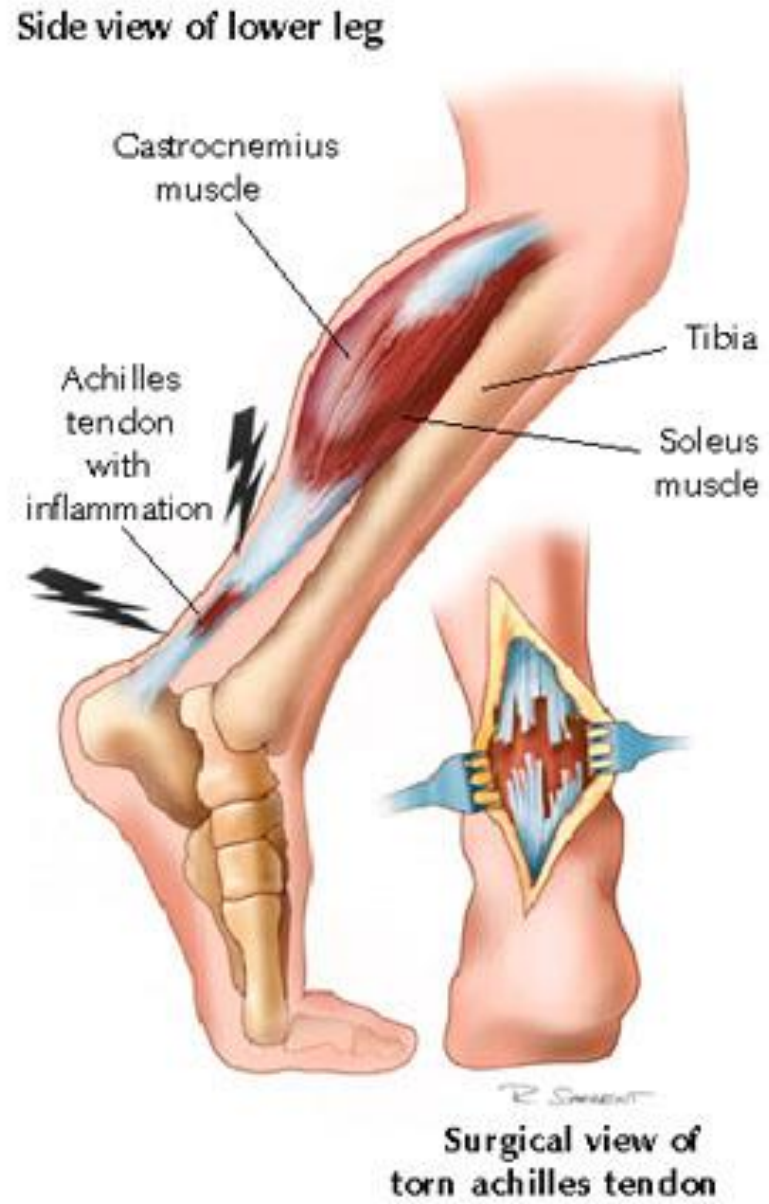
Plantar fasciopathy



Posterior Tibial Tendon Dysfunction



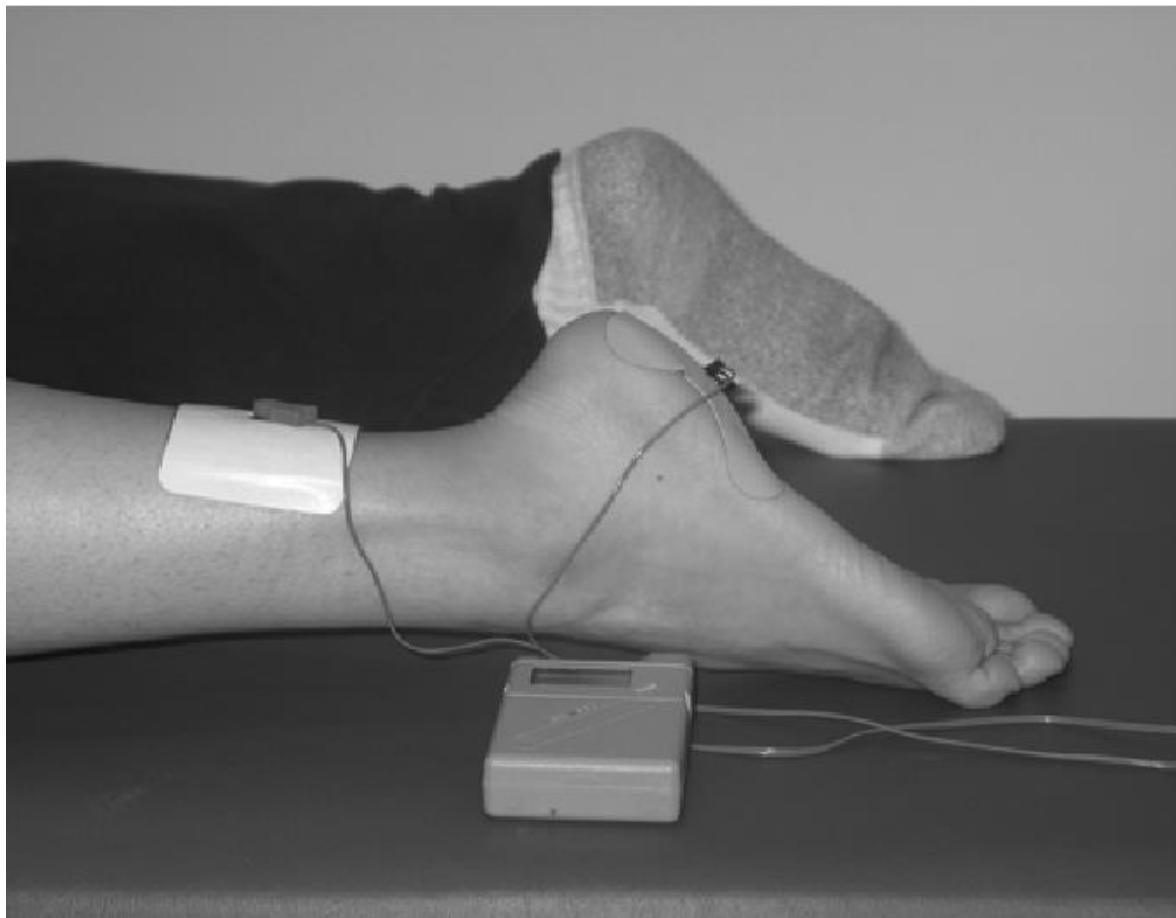
Achilles Tendonopathy



Tests

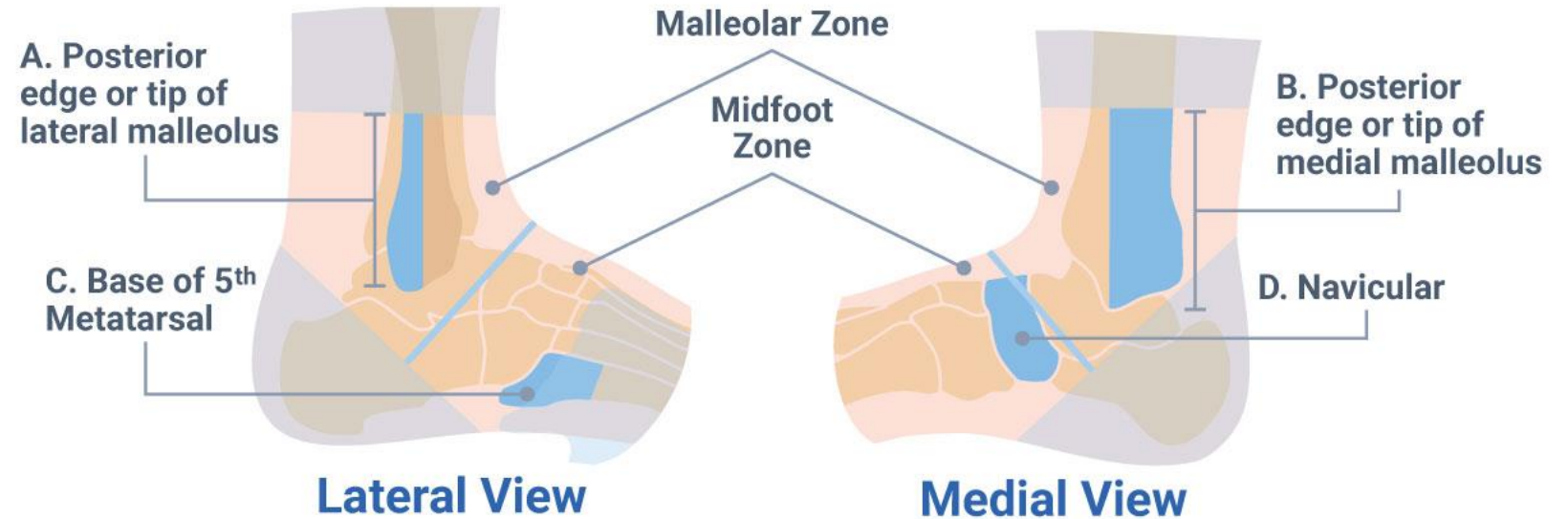


Treatment



Fractures

Ottawa Ankle Rules



An ankle x-ray series is only required if

there is any pain in the malleolar zone and any of these findings:

1. bone tenderness at A
2. bone tenderness at B
3. inability to take 4 complete steps both immediately and in ED

An ankle x-ray series is only required if

there is any pain in the midfoot zone and any of these findings:

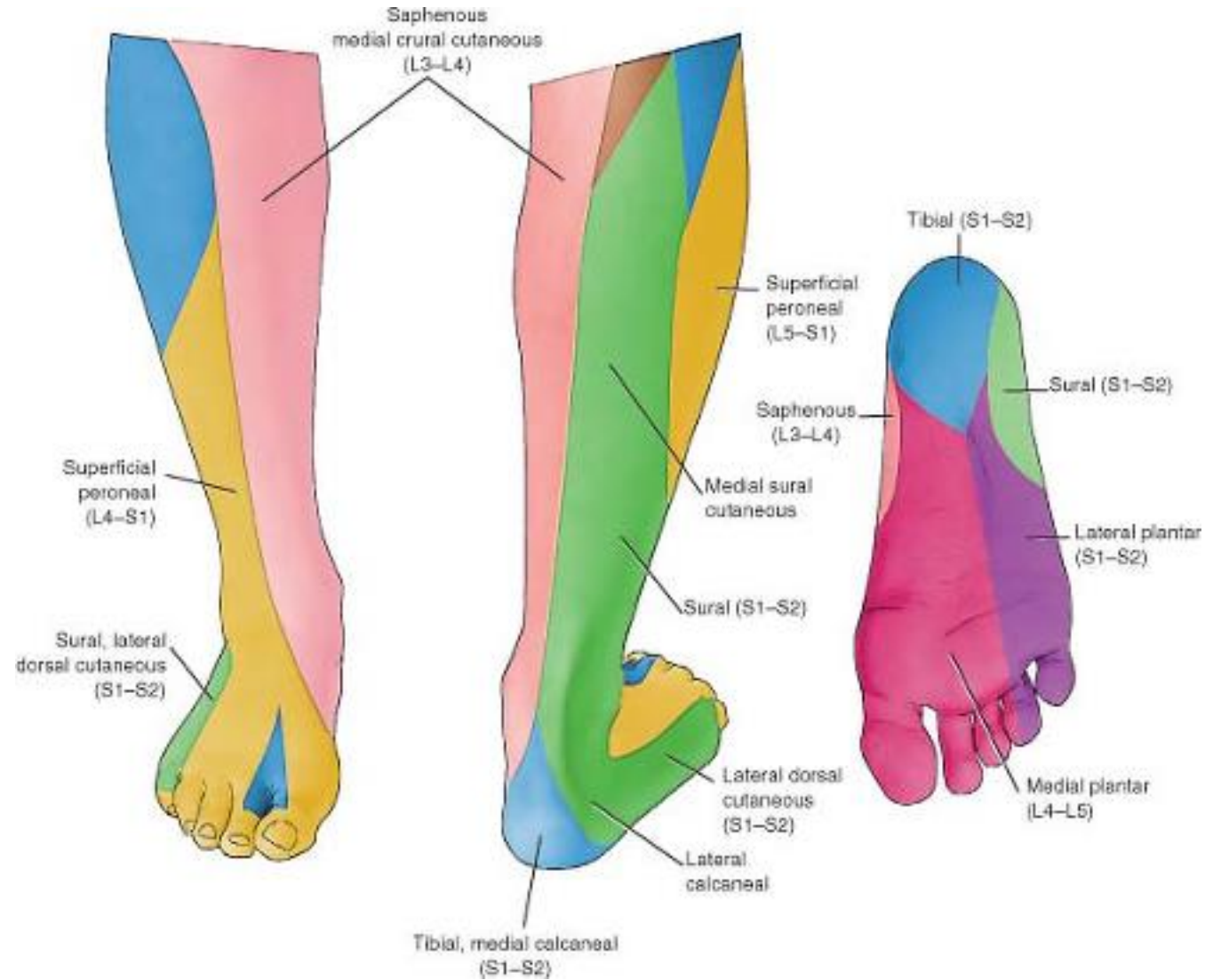
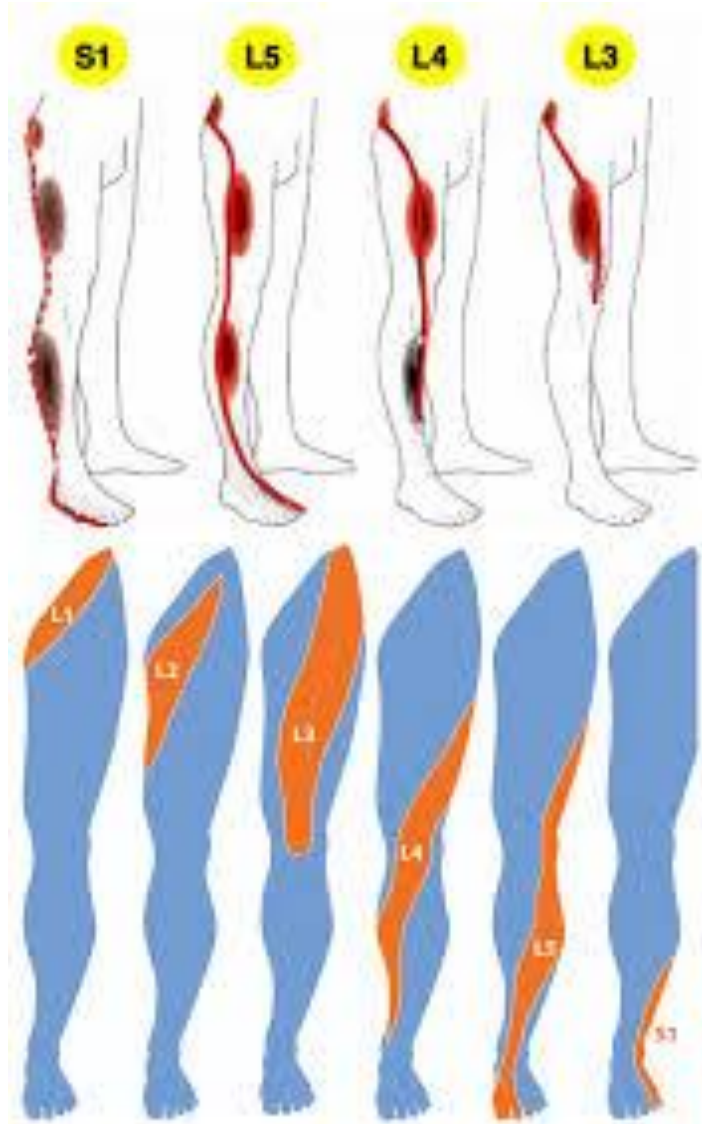
1. bone tenderness at C
2. bone tenderness at D
3. inability to take 4 complete steps both immediately and in ED

Differential Dx

- LE radiculopathy
- Neuroma
- Tarsal Tunnel
- 1st MTP sprain
- Jones fracture
- Foot drop
- Gout



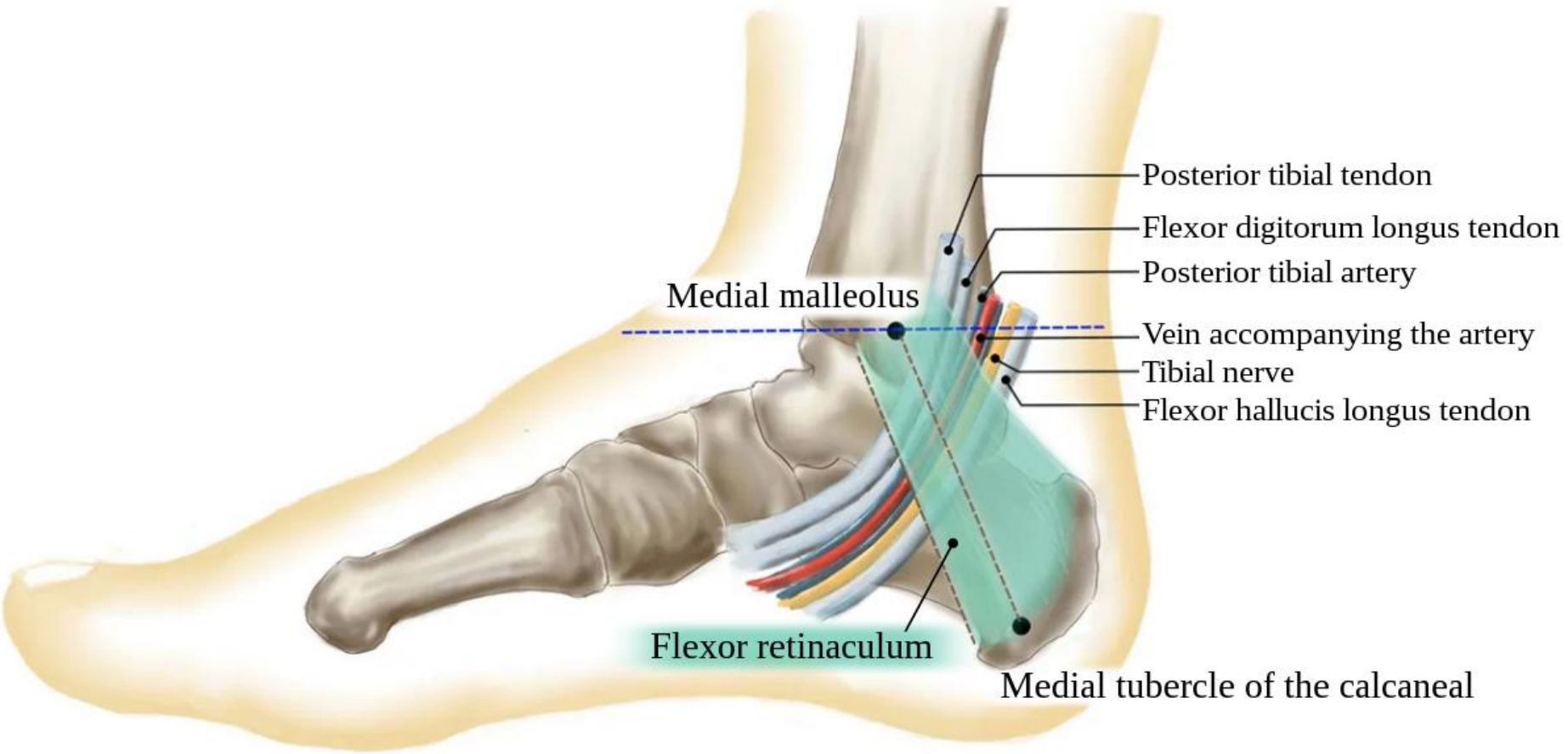
Radiculopathy



Neuroma

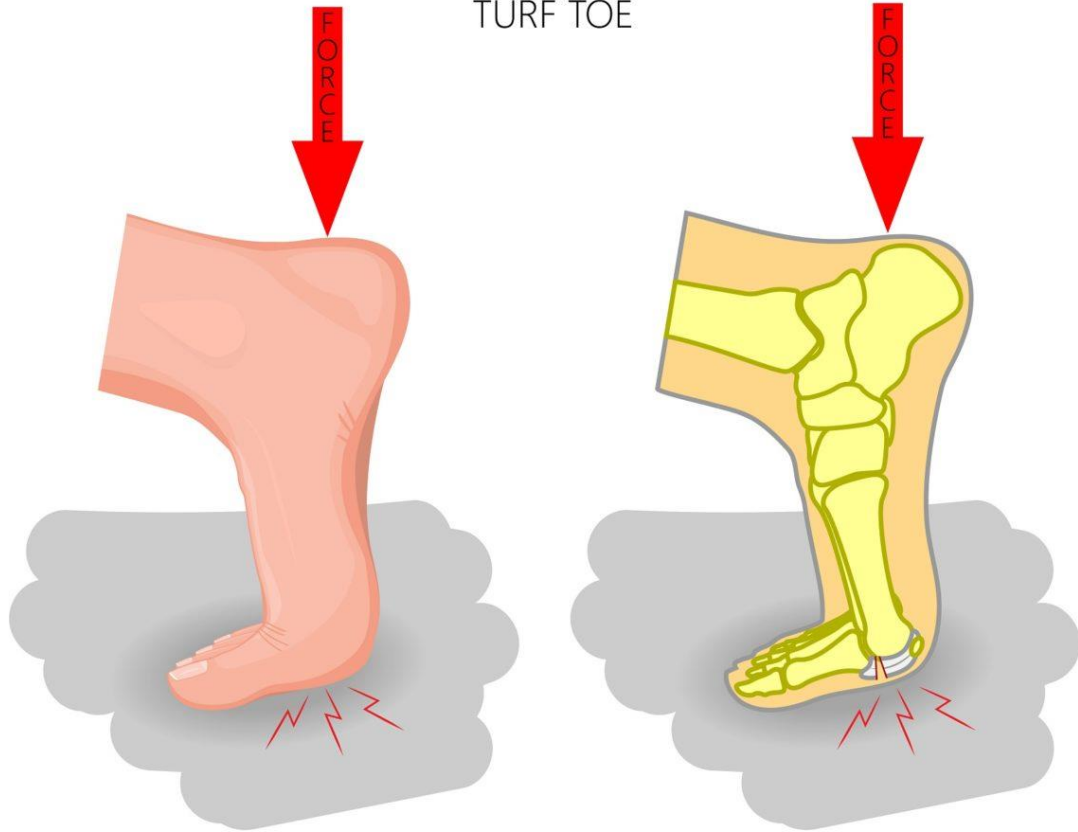


Tarsal Tunnel



1st MTP sprain

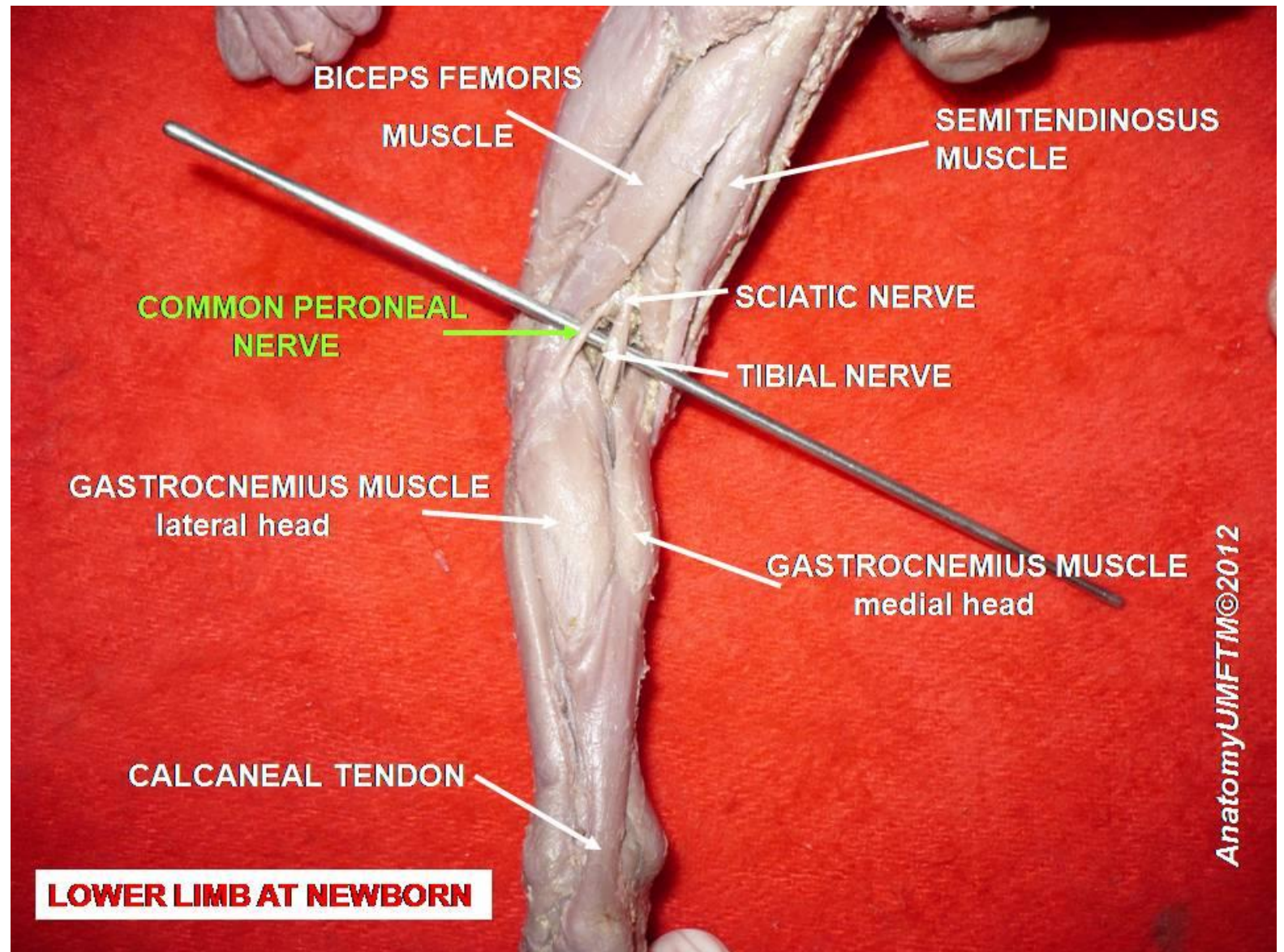
TURF TOE



Jones Fracture



Foot drop



Gout



Question 1

- A 75- year old male patient presents with pain on the lateral edge of their right foot. They do not report a traumatic event resulting in the injury to their foot, however, say that the pain is worse when walking but but better when sitting. Testing reveals diminished achilles reflex response and weakness of the plantarflexors. What intervention would be the **MOST** appropriate to perform?
 1. Femoral nerve flossing
 2. Lumbar spine flexion mobilizations
 3. Eccentric achilles strengthening
 4. Refer out for imaging

Question 2

- A patient presents 2 weeks status post a lateral ankle sprain (grade 2) with improvements in the edema and strength of the ankle. However, they still complain of pain while weight bearing on the foot, especially on the lateral aspect of the proximal forefoot. Based on these findings, what is the **MOST** appropriate next step?
 1. Refer to MD for imaging
 2. Perform a cuboid whip
 3. Perform a navicular whip
 4. Continue with plan of care

Question 3

- A patient has recently been removed from an ankle brace that limited all range of motion to neutral. The current range is 10-0-45 dorsiflexion to plantar flexion, and 0 degrees of eversion at the rearfoot. What scenario would pose the **GREATEST** difficulty for the patient?
 1. Walking up an ADA compliant ramp
 2. Walking down an ADA compliant ramp
 3. Walking up a flight of stairs
 4. Walking across an uneven surface

Question 4

- A patient present with a complaint of ankle pain posteriorly for 3 months. You feel a palpable lump along the achilles tendon that moves with PF/DF and is painful. They report pain is worse without the foot being stretched into DF/PF. Based on these findings, what is the **MOST** appropriate intervention?
 1. Refer out to MD for imaging
 2. Iontophoresis with dex
 3. Ankle brace
 4. Eccentric strengthening

Question 5

- A patient is seen in the PT clinic for complaints of ankle pain following a game of basketball. You inspect the ankle and find tenderness and edema at the lateral ankle, specifically over the posterior aspect of the distal fibula. The patient is able to walk about 3 steps on the foot but is in a lot of pain. What is the **MOST** appropriate next step?
 1. Recommend an ankle brace
 2. Tape to stabilize the ankle
 3. Refer out for imaging
 4. provide crutches



Feedback? Let Us Know!



We would love to get your general feedback on today's session and ideas for subject matter for future Spotlight Sessions!





SPOTLIGHT *Series*

Good Luck and Thanks for Tuning In!

Visit our website www.scorebuilders.com for more information on our entire PT and PTA product line.

