

OSCE Checklist: Examination of the Ankle Joint

Introduction	
Introduce yourself	
Wash hands	
Briefly explain to the patient what the examination involves	
Ask the patient to expose their lower limbs adequately	
Inspection	
Look anterior, lateral, medial, and posterior <ul style="list-style-type: none"> - Scars, swellings, or skin changes Ensure to inspect plantar surface and in-between the toes	
Assess the medial longitudinal arch	
Check the gastrosoleus complex, with the patient standing on their toes	
Assess the patient's gait	
Palpate	
Temperature	
Bone and joint palpation for: <ul style="list-style-type: none"> - Medial malleolus, flexor retinaculum, deltoid ligament - Tibialis anterior and extensor tendons - Lateral malleolus and lateral ankle ligaments - Subtalar joint - Midfoot and forefoot bones - Plantar surface and plantar fascia insertion to calcaneus 	
Gently squeeze the metatarsophalangeal joints	
Assess anterior, lateral, and posterior compartment muscle bulk	
Check foot pulses	
Movement	
Active and passive movements <ul style="list-style-type: none"> - Dorsiflexion and plantarflexion of ankle - Inversion and eversion of the foot - Flexion and extension of the hallux 	
Special Tests	
Simmons Test	
Talar Tilt	

Completing the examination	
Thank the patient	
To complete the examination: <ul style="list-style-type: none">- Examine the knee joint- Examine the contralateral ankle- Review any relevant imaging available	