

Functional Range of Motion Lab Assignment

Objectives: Complete a passive range of motion test on the foot and ankle

Materials required:

1. Basic Functional Foot Assessment Form

Assignment:

- Perform patient intake
- Note foot type
- Note arch type
- Observe FF to RF relationship R/L and record findings
- Observe FF Inversion and record findings
- Observe FF Eversion and record findings
- Observe RF Inversion and record findings
- Observe RF Eversion and record findings
- Observe First Ray Position and record findings
- Observe First Ray Mobility and record findings
- Observe Ankle Dorsiflexion
- Observe Ankle Plantarflexion
- Observe Hallux Dorsiflexion
- Observe Hallux Plantarflexion
- Observe Lesser Digits Dorsiflexion
- Observe Lesser Digits Plantarflexion
- Repeat for contralateral foot
- Email or fax form to the instructor at alliedhealthed@sbcglobal.net (888) 457-8382