

# Ankle Dorsiflexion Test

Name: \_\_\_\_\_ Age: \_\_\_\_\_

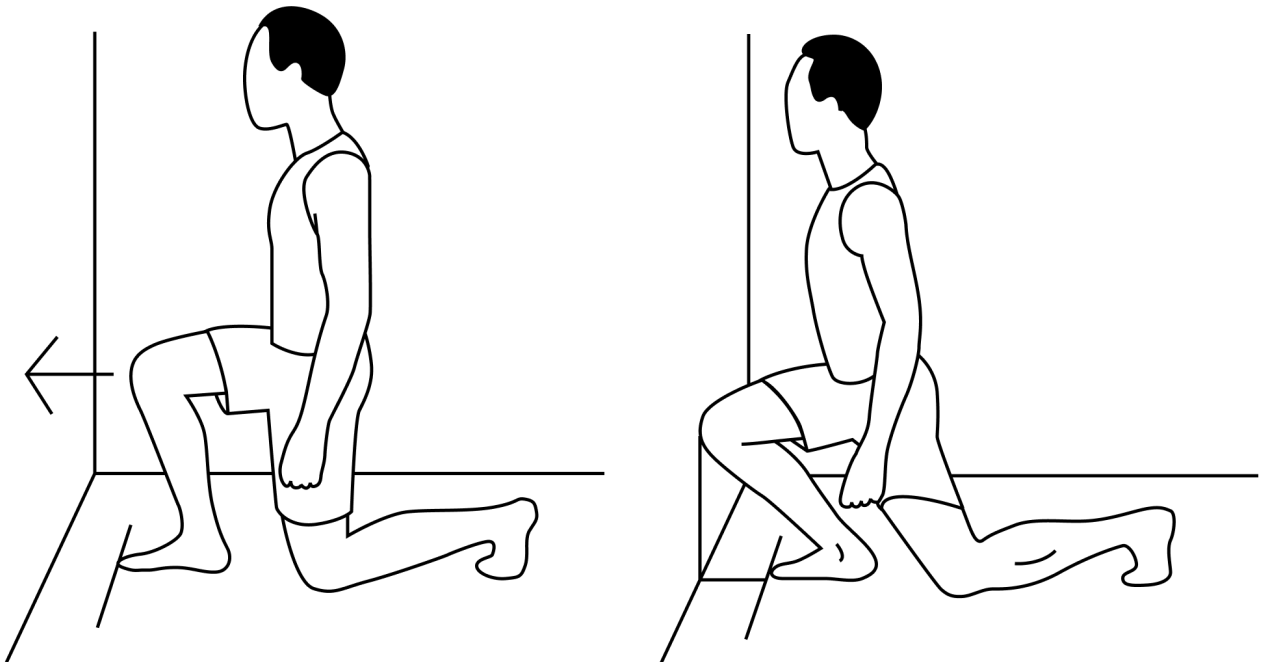
Examiner: \_\_\_\_\_ Date: \_\_\_\_\_

## Materials needed

- A standard tape measure placed on the floor.
- A vertical line marked on the wall aligned with the tape measure.

## Test procedure

1. The patient places their foot so that an imaginary line through the heel and big toe aligns with the tape measure on the floor.
2. The patient lunges forward slowly until their knee touches the wall, keeping their heel in contact with the floor.



3. If the knee can touch the wall, the foot is moved further back until the knee can only just touch the wall while the heel remains on the floor. This position determines the maximum ankle dorsiflexion.
4. Measure the distance from the tip of the big toe to the wall in centimeters (cm). This distance correlates to the degree of ankle dorsiflexion, with each centimeter approximating 3.6°.

## Test findings

Maximum distance from the wall (use cm for easy conversion to degrees):

- Adequate dorsiflexion as per clinical requirements
- Restricted dorsiflexion below clinical requirements; may require additional testing and evaluation to see if there are issues to be resolved or ways to improve mobility

## Additional notes

## Healthcare professional's information

Name:

License number:

Phone number:

Email:

Name of practice: