Movement System Analysis Framework: Foot and Ankle

Functional Status and Task Analysis

- ❒ Does not stand_____
- ❒ Stands but does not ambulate_____
  - ❒ With device (stander or gait trainer)_____
  - ❒ Stands for transfers or other function_____
  - ❒ Pre-ambulatory_____
- ❒ Ambulatory (with or without device)_____
  - ❒ Stance phase _____
    - ❒ Loading response_____
    - ❒ Midstance: self-selected shank angle
    - ❒ ❒1-Shank angle WFL_____
      - ❒2-Excessively inclined shank_____
      - ❒3-Excessively reclined shank_____
    - ❒ Terminal Stance_____
    - ❒ Swing phase_____
      - ❒ Foot clearance_____
      - ❒ Limb positioning at TS (location of Initial contact) _____
    - ❒ Transverse and Frontal Plane findings_____ _____
- ❒ Developmental status_____

Musculoskeletal Findings

- ❒ Altered joint physiology due to health condition_____
- ❒ Altered muscle strength or endurance due to health condition _____
- ❒ Structural variants_____
  - ❒ Atypical structure_____
  - ❒ TC Axis test: TC joint alignment_____
  - ❒ Structural findings:

	Coronal Plane	Transverse Plane
Hip/femur		
Knee/tibia		
Hindfoot		
Midfoot		
Forefoot		

- ❒ Functional Variants
  - ❒ DF Stress test, End feel ❒1-Neutral hindfoot_____ ❒2-Pronated hindfoot_____ ❒3-Supinated hindfoot_____
  - ❒ Joint function

	Alignment, Joint play, End feel, Arthrokinematics, ROM
Distal tib/fib	
Talo-crural	
Subtalar	
Midtarsals	
Forefoot	
Digits	

  - ❒ Altered relative stiffness/flexibility_____ _____
  - ❒ Altered line of pull of muscles around joints_____

- ❒ Soft tissue status

	Superficial	Middle	Deep
Thigh/knee			
Medial calf			
Lateral calf			
Heel cord			
Post Hindfoot			
Ant Hindfoot			
Midfoot			
Forefoot/digits			

- ❒ NWB Corrective force test_____
- ❒ WB Corrective force test_____

Neuromotor and Motor Control Findings

- ❒ Neuromotor MSD_____
- ❒ Muscle activation and timing
  - ❒ Impaired recruiting_____
  - ❒ Excessive recruiting_____
  - ❒ Insufficient Force_____
  - ❒ Insufficient Endurance_____
  - ❒ Insufficient Range_____
  - ❒ Impaired Relaxation_____
    - ❒ Tonic contraction_____
- ❒ Atypical habitual patterns of movement_____
- ❒ Inconsistent Motor Patterns_____
  - ❒ Emerging Motor Control_____
- ❒ Balance Strategies_____

Sensory Perception and Pain

- ❒ Sensory perception of the foot/ankle
  - ❒ Hyperperceptive_____
  - ❒ Hypoperceptive_____
- ❒ Altered sensory/perception elsewhere in the movement system _____
- ❒ Pain ❒ In foot/ankle/lower leg_____ ❒ Elsewhere in kinetic chain_____

Relevant Cardiopulmonary, Integumentary, Endocrine, Neurodevelopmental, Gastrointestinal, Lymphatic System Findings

- ❒ GERD_____
- ❒ ASD_____
- ❒ Cardiopulomary_____
- ❒ Integumentary _____

Individual Characteristics

- ❒ Sustained alignments based on regular activities_____ _____
- ❒ Participation interests _____ _____
- ❒ Structural demands of the regular and goal environments_____ _____
- ❒ Patient and family goals_____ _____
- ❒ Engagement with therapy and orthoses_____ _____

Key Findings

Task Analysis: _____

MS: _____

NM: _____

Sensory and Pain: _____

Other Systems: _____

Individual: _____

Suspected Drivers:

Limiting Factors:

Goals of Intervention: