

ANKLE RANGE OF MOTION

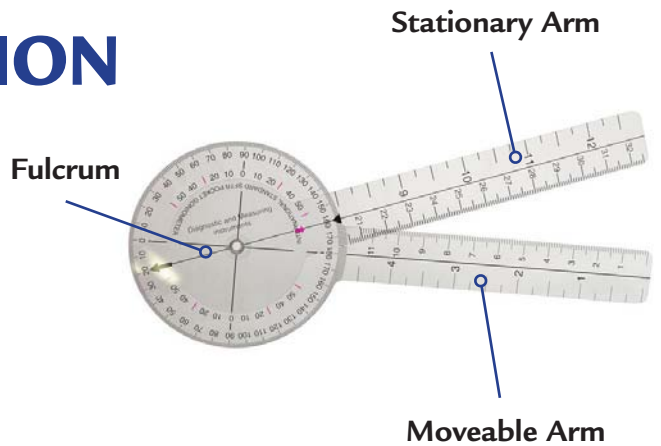
– Avoid Contractures

What is a Goniometer?

A goniometer is a device used to measure joint angles of range-of-motion (in degrees) of joints for either active or passive joint range. A traditional goniometer is a protractor with extending arms.

Starting Position

Measure the ankle with the knee flexed 90 degrees; and, in neutral or 0 degrees of inversion/eversion. Patients supine in bed should have the knee flexed 90°. This will allow for maximum passive dorsiflexion.



Measuring Dorsiflexion



Once you have the starting position, have the patient Dorsiflex their foot.

Normal ROM for dorsiflexion is between 0° - 20°



- a** Align the **Fulcrum** of the device along the lateral malleolus
- b** Align the **Stationary Arm** of the device up along the fibula
- c** Align the **Moveable Arm** parallel to the fifth metatarsal bone

Measuring Plantar Flexion



Once you have the starting position, have the patient Plantarflex their foot.

Normal ROM for plantar flexion is between 20° - 45°



SCAN THE CODE ABOVE
to view a helpful video on
“Ankle ROM Using a Goniometer”

Additional Tips

- Hold the arms of the goniometer in place while the joint is moved through its range of motion.
- Remember that the goniometer will be at 90° and to adjust for that when recording the angles.
- The degree between the end points represents the entire range-of-motion.