



# 5 steps to assess the ankle

within 10 minutes

**from Dr Catherine Lester**

Consultant in Sport and Exercise Medicine

MBBCH, DMH(SA), MSC(SEM), MRCP(UK), FFSEM

# 5 steps to assess the ankle

## Nº1 History

- Onset and mechanism
- Site of pain
- Aggravating factors

## Nº2 Inspection

- Swelling and deformity

## Nº3 Gait

## Nº4 Functional tests

- Single leg heel raise
- Hop

## Nº5 Site of tenderness

### Top Tips

- History and site – will give you a list of differentials.
- Functional testing – will help diagnosis and management.

### Red Flags

- 'There is no such thing as a simple ankle sprain'.
- Don't forget - Referred or systemic causes.