

This 23 year old man has twisted his right ankle. Examine it.

	Not done	Partially done	Completed
Washed hands & alcohol gel			
Introduced self			
Check Identity of patient			
Obtains verbal consent			
Offers analgesia			
Expose both ankles and at least mid shin			
Inspection (erythema, swelling, scars, deformity)			
Palpation Bones & joint			
Passive movements, flexion, extension, inversion, eversion			
Active movements			
Lateral ligament stress test			
Lateral inferio tibulofibular ligament			
Turn patient prone			
Inspect Achilles tendon			
Palpate Achilles			
Palpate Achilles with ankle plantarflexing			
Simmonds test			
Inspect gait			
Thanks patient			
Helps patient get dressed			
Summarises accurately			

Patient mark (out of 5)	
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Examiner's Mark (out of 42)	
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Overall (out of 47)	
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