Chapter 7: Impaired Joint Mobility and Range of Motion

DISPLAY 7-7
Foot and Ankle Mobilization

Ankle Anterior Glide
Purpose: increase plantarflexion
Position: prone with foot hanging just over the edge of the table; stabilizing hand under the anterior distal tibiofibular joint; mobilizing hand on the posterior calcaneus, just distal to joint line
Mobilization: apply a downward, anteriorly directed force to the calcaneus while applying gentle traction

Ankle Posterior Glide
Purpose: increase dorsiflexion
Position: supine with foot just over the edge of the table; stabilizing hand under the posterior distal tibiofibular joint; mobilizing hand grasps anterior ankle just distal to joint line
Mobilization: apply a downward, posteriorly directed force to the ankle while applying gentle traction

Ankle Traction
Purpose: pain relief and general mobility
Position: supine with leg stabilized by a strap and foot just over the edge of the table; both hands grasp the foot, one posterior on the calcaneus and the other anteriorly over the midfoot
Mobilization: lean backwards to produce a distal traction to the talocrural joint

Metatarsal and Phalanges Glide
Purpose: increase mobility of toes
Position: supine with foot over the edge of the table; stabilizing hand grasps metatarsal while mobilizing hand grasps phalanges
Mobilization: apply dorsal and ventral mobilizations while applying gentle traction

Hall & Brody: Therapeutic Exercise: Moving Toward Function, 2nd Edition
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