



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