

ABPM SUGGESTED BIOMECHANICAL EXAMINATION FORM

MR# _____ Date _____ Resident _____

Patient Name _____ Attending _____

Sex _____ Age _____ Wt _____

Presenting complaint _____

MUSCULOSKELETAL EVALUATION

<u>Normal</u>	<u>Non-Wt Bearing Assessment</u>	R	L
45°	Internal Hip Rotation (ext)		
45°	External Hip Rotation (ext)		
0°	Neutral Position of Hip (ext)		
15-20°	Malleolar Position (ext)		
10°	Ankle DF (Knee Extended)		
>10°	Ankle DF (Knee Flexed)		
20°	Heel Inversion		
10°	Heel Eversion		
0°	STJ Neutral Position		
perp	Forefoot to Rearfoot (1-5)		
perp	Forefoot to Rearfoot (2-5)		
5mm	First Ray Dorsiflexion		
5mm	First Ray Plantarflexion		
0mm	First Ray Neutral Position		
65°	Hallux Dorsiflexion		
>30°	Hallux Plantarflexion		

<u>Quality of Motion (circle)</u>	R	L
Ankle (dorsiflexion) Normal Limited Painful		
Ankle (plantarflexion) Normal Limited Painful		
STJ (supination) Normal Limited Painful		
STJ (pronation) Normal Limited Painful		
Hallux (dorsiflexion) Normal Limited Painful		
Hallux (plantarflexion) Normal Limited Painful		
Lesser Digits (dorsiflexion) Normal Limited Painful		
Lesser Digits (plantarflexion) Normal Limited Painful		

<u>Muscle Strength (0-5/5)</u>	R	L
Hip Flexors		
Hip Extensors		
Hip Abductors		
Hip Adductors		
Hip Rotators (Internal)		
Hip Rotators (External)		
Gastrocnemius		
Soleus		
Tib. Posterior		
Flex. Hallucis Longus		
Flex. Digitorum Longus		
Flex. Digitorum Brevis		
Tib. Anterior		
Ext. Digitorum Longus		
Ext. Hallucis Longus		
Ext. Digitorum Brevis		
Peroneus Longus		
Peroneus Brevis		

FOOT MORPHOLOGY

Frontal Plane (circle)

Normal morphology	R	L
Varus		
Valgus		

Forefoot	R	L	R	L
Rearfoot	R	L	R	L

Sagittal Plane

R	L
Normal morphology	
Anterior Cavus	
Posterior Cavus	
Cavoadductovarus	
Calcaneovalgus	
Planovalgus	
Rocker Bottom	
Other _____	

Transverse Plane

R	L
Normal morphology	
Forefoot Adducted	
Forefoot Abducted	
Rearfoot Adducted	

ANKLE MORPHOLOGY

R	L
Normal morphology	
Equinus	
Calcaneus	
Varum	
Valgum	
Other _____	

Limb Length Inequality (in cm)

R	L
Normal (symmetric)	
Structural	
Combined	
Functional	

DIGITAL ASSESSMENT (circle)

Abducted	R: 1 2 3 4 5	L: 1 2 3 4 5
Adducted	R: 1 2 3 4 5	L: 1 2 3 4 5
Claw toe	R: 1 2 3 4 5	L: 1 2 3 4 5
Hammer toe	R: 1 2 3 4 5	L: 1 2 3 4 5
Mallet toe		
Hallux IP Extensus	R	L
Hallux IP Abductus	R	L

POSTURAL APPRAISAL (circle)

Head Position:

Forward	Backward	Sideward

Shoulders:

R	L
Level	
Dropped	
Forward	
Backward	

Spine:

Scoliosis	
Lordosis	
Kyphosis	

Pelvis:

Level	
Dropped	
Forward	
Backward	

GAIT ANALYSIS (Barefoot Gait Pattern)
(circle)

Normal Antalgic Apropulsive	
Other (e.g. Steppage, Circumducted, Scissor)	

R	L
Angle of Gait	
Base of Gait	

Patellar Position:

Contact	
Mid-Stance	
Propulsion	
Swing	

Heel Position:

Contact	
Mid-Stance	
Propulsion	
Swing	

Heel Off (circle):

WNL	Early
-----	-------

Abductory Twist (circle):

Yes	No
-----	----

Patella Orientation (circle):

Medial	Central	Lateral
R L	R L	R L

Knee

Varum	Valgum	Flexion	Recurvatum
R L	R L	R L	R L

Tibia

Varum	Valgum
R L	R L

Malleolar Position

Internal	External
R L	R L

R	L
Neutral Calc. Stance Position (deg.)	
Relaxed Calc. Stance Position (deg.)	

IF A PORTION OF EXAM IS DEFERRED, GIVE REASON:
ASSESSMENT:
TREATMENT PLAN: