ANKLE RANGE OF MOTION
— Avoid Contractures

What is a Goniometer?
A goniometer is a device used to measure joint angles of range-of-motion (in degrees) of joints for either active or passive joint range. A traditional goniometer is a protractor with extending arms.

Starting Position
Measure the ankle with the knee flexed 90 degrees; and, in neutral or 0 degrees of inversion/eversion. Patients supine in bed should have the knee flexed 90°. This will allow for maximum passive dorsiflexion.

Measuring Dorsiflexion
Once you have the starting position, have the patient Dorsiflex their foot.
Normal ROM for dorsiflexion is between 0° - 20°

Measuring Plantar Flexion
Once you have the starting position, have the patient Plantarflex their foot.
Normal ROM for plantar flexion is between 20° - 45°

Additional Tips
· Hold the arms of the goniometer in place while the joint is moved through its range of motion.
· Remember that the goniometer will be at 90° and to adjust for that when recording the angles.
· The degree between the end points represents the entire range-of-motion.

Align the Fulcrum of the device along the lateral malleolus
Align the Stationary Arm of the device up along the fibula
Align the Moveable Arm parallel to the fifth metatarsal bone

SCAN THE CODE ABOVE to view a helpful video on “Ankle ROM Using a Goniometer”