Depending on clinical presentation, exam may involve complete assessment of 1 of the 4 quadrants described below or may be focused on a specific structure

1. Anterior Ankle
   - Anterior tendons including tibialis anterior, extensor hallucis longus, extensor digitorum longus, and possibly peroneus tendon SAX/LAX
   - Anterior joint recess evaluate for effusion, loose bodies, and synovial thickening
   - Anterior joint capsule
   - Anterior inferior tibiofibular ligament

2. Medial Ankle
   - Posterior tibial, flexor digitorum longus, and flexor hallucis longus tendons located in order from anterior to posterior SAX/LAX
   - Tibial nerve
   - Deltoid ligament

3. Lateral Ankle
   - Peroneus brevis and longus tendons SAX/LAX
     - Peroneus longus followed to base of 1st metatarsal
     - Peroneus brevis followed to base of 5th metatarsal
     - Assess for subluxation with dorsiflexion and eversion
   - Anterior and posterior talofibular ligaments
   - Calcaneofibular ligament

4. Posterior Ankle
   - Achilles tendon SAX/LAX
   - Dynamic scanning with plantar and dorsiflexion
   - Plantaris tendon if seen
   - Retrocalcaneal bursa
   - Superficial retro Achilles bursa
   - Plantar fascia SAX/LAX
# Ankle and Foot Worksheet

## SONOGRAPHER NOTES

### INDICATIONS

<table>
<thead>
<tr>
<th>Part of Foot</th>
<th>Findings</th>
</tr>
</thead>
<tbody>
<tr>
<td>TA/EHL/EDL tendons</td>
<td>Normal/Abnormal</td>
</tr>
<tr>
<td>Anterior joint recess</td>
<td>Normal/Abnormal</td>
</tr>
<tr>
<td>Anterior inferior tibiofibular ligament</td>
<td>Normal/Abnormal</td>
</tr>
<tr>
<td>Posterior tibial tendon</td>
<td>Normal/Abnormal</td>
</tr>
<tr>
<td>Flexor digitorum longus</td>
<td>Normal/Abnormal</td>
</tr>
<tr>
<td>Flexor hallucis longus</td>
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</tr>
<tr>
<td>Tibial nerve</td>
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</tr>
<tr>
<td>Deltoid ligament</td>
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</tr>
<tr>
<td>Peroneous brevis and longus</td>
<td>Normal/Abnormal</td>
</tr>
<tr>
<td>Anterior/posterior talofibular ligaments</td>
<td>Normal/Abnormal</td>
</tr>
<tr>
<td>Cacaneofibular ligament</td>
<td>Normal/Abnormal</td>
</tr>
<tr>
<td>Achilles tendon</td>
<td>Normal/Abnormal</td>
</tr>
<tr>
<td>Plantar fascia</td>
<td>Normal/Abnormal</td>
</tr>
</tbody>
</table>

### Additional Findings/Limitations

- **Medial**
  - Posterior tibial tendon
  - Flexor digitorum longus
  - Flexor hallucis longus
  - Tibial nerve
  - Deltoid ligament

- **Lateral**
  - Peroneous brevis and longus
  - Anterior/posterior talofibular ligaments
  - Cacaneofibular ligament

### Comments

- **SONOGRAPHER CONFIRMATION:** My signature confirms that instructions have been provided to the conscious patient regarding this exam, that US utilizes sound waves rather than ionizing radiation, and that coupling gel is used to improve the quality of the exam.

- **Sonographer’s Signature**

### Name / MR # / Label

- FMC
- KMC
- CMC
- TMC
- NHSC
- KIC
- MIC
- PI
- TI
- MFP
- SFP
- Other

**US Ankle and Foot Worksheet**