

ACTIVE PLANTAR FLEXION

While the player is lying down or sitting, ask the player to push the toes away (the active plantar flexion) from the body. The goniometer is used to measure the results, which are recorded to the nearest degree. Align the fulcrum of the goniometer along the lateral malleolus, the stationary arm along the fibula, and moveable arm along the fifth metatarsal bone⁷.



ACTIVE ANKLE DORSIFLEXION

The player is in a standing position. Ask the player to push the knee forward as far as possible, while keeping the heel in contact with the floor. The goniometer is used to measure the results, which are recorded to the nearest degree. Align the fulcrum of the goniometer along the lateral malleolus, keep the stationary arm parallel to the floor, and the moveable arm along the fibula.



TEST / SCORE	ANKLE DORSIFLEXION	ANKLE PLANTAR FLEXION
1	< 20°	< 30°
2	20°-30°	30°-45°
3	> 30°	> 45°