Clinical Assessment of Lateral Ankle Sprain

Lateral ankle sprain (LAS) is the most prevalent musculoskeletal injury sustained by people who partake in competitive sports or recreational activities. Internationally, lateral ankle sprains account for a large percentage of all musculoskeletal injury patients visiting Emergency Departments. Despite their high prevalence, lateral ankle sprains are continuously regarded as innocuous injuries that will resolve expeditiously with minimal treatment. The reality is quite different, as following an acute LAS, pain and swelling are commonplace, which contribute to reduced functional capacity, occupational absence and the potential for the development of chronic ankle instability (CAI).

The aim of this study is to inform the development of an expert consensus on an evidence-based clinical assessment of LAS.

*Required

Informed Consent

I confirm that I have read and understand the information presented above detailing the aim of the research project.
I understand that my participation is voluntary.
I understand that, should I not wish to answer any particular question or questions, I am free to decline.
I give permission for my anonymised responses to be used during the Delphi process and the subsequent development of the expert consensus.
I give permission for my anonymised responses to be used by members of the research team.

The consent form is an internet consent form which will allow eligible persons to either consent to participate in the study or to not consent to participate in the study. If you click NO and choose not to participate in the study, you will be disqualified from continuing. If you click YES and consent to participate in the study, you will automatically continue to participate in the study.

1. Do you fully consent to participate in this study for a consensus in the clinical assessment of lateral ankle sprain (LAS)? *

   Mark only one oval.
   
   [ ] Yes
   [ ] No

Participant Demographics

Please answer the following questions about yourself.

2. What is your sex? *

   Mark only one oval.
   
   [ ] Male
   [ ] Female

3. What is your age? *

4. In which country are you currently employed? *
5. How many years of clinical experience do you have in your field (since graduation)?
   [No clinical experience = 0] *

6. What is your current employment? (Tick all that apply) *
   Tick all that apply.
   - Academic
   - Research
   - Clinical

7. If you work academically are you mainly involved in? (please chose ONE option)
   Mark only one oval.
   - Administration
   - Research
   - Teaching
   - Combination of administration, research and teaching

8. If you work academically what is your current academic rank? (please chose ONE option)
   Tick all that apply.
   - Full Professor
   - Professor
   - Reader
   - Associate Professor
   - Senior Lecturer
   - Assistant Professor
   - Lecturer

9. If you work in academia or research, on average how many participants per year do you assess with LAS and/or CAI?

10. If you work clinically, to which profession do you belong? (please choose ONE option)
    Tick all that apply.
    - Athletic Trainer
    - Physiotherapist/Physical Therapist
    - Sports Scientist
    - Other
11. If you work clinically what is your employment status (choose either full-time or part-time) and which level patients do you work with? (tick ALL that are applicable)

Tick all that apply.

☐ Full Time
☐ Part Time
☐ Professional athletes
☐ Semi-professional athletes
☐ Collegiate athletes
☐ High-school athletes
☐ Amateur athletes
☐ General population

12. If you work clinically how many patients on average per year do you assess with LAS and/or CAI?

13. How many peer-reviewed articles have you published on the topics of LAS and/or CAI? *

14. Rate your level of expertise in the clinical assessment of patients with LAS and/or CAI. *

Mark only one oval.

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Subjective Assessment and Patient Reported Outcomes

Subjective assessment and patient reported outcomes involve questions and measures you ask a patient in order to find out about their injury and current function.


15. I think subjective assessment is important in the clinical assessment of LAS *

1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree

Mark only one oval.

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16. I think it is important to include mechanism of injury in the subjective assessment of LAS
1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
Mark only one oval.

1 2 3 4 5

17. I think it is important to ask about pain in the subjective assessment of LAS
1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
Mark only one oval.

1 2 3 4 5

18. (If you agree or strongly agree) How would you quantify pain as part of a subjective assessment of LAS

19. I think it is important to ask about swelling at the time of injury in the subjective assessment of LAS
1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
Mark only one oval.

1 2 3 4 5

20. I think it is important to ask about and/or palpate for hotness in the subjective assessment of LAS
1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
Mark only one oval.

1 2 3 4 5

21. I think it is important to ask about and/or look for discoloration in the subjective assessment of LAS
1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
Mark only one oval.

1 2 3 4 5
22. I think it is important to ask about weight-bearing status at the time of the injury in the subjective assessment of LAS
1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
Mark only one oval.

23. I think it is important to assess weight-bearing status at the time of presentation in the subjective assessment of LAS
1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
Mark only one oval.

24. I think it is important to include history of previous LAS in the subjective assessment of LAS
1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
Mark only one oval.

25. I think it is important to include history of previous lower limb injuries in the subjective assessment of LAS
1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
Mark only one oval.

26. I think it is important to include history of other injuries in the subjective assessment of LAS
1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
Mark only one oval.

27. I think it is important to include medical history in the subjective assessment of LAS
1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
Mark only one oval.
28. I think it is important to ask about physical activity levels prior to injury in the subjective assessment of LAS
   1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
   Mark only one oval.

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29. (If you agree or strongly agree) How do you quantify physical activity levels?

   ____________________________________________________________

30. I think it is important to ask about occupation in the subjective assessment of LAS
   1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
   Mark only one oval.

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31. I think patient reported outcome measures are important in the clinical assessment of LAS
   1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
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32. (If you agree or strongly agree) Which patient reported outcome measures would you use in the subjective assessment of LAS (please list without abbreviations)?

   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

33. If you would include other details in your subjective examination, please list them and explain (BRIEFLY) why you include them.

   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
34. Which subjective assessment and/or patient reported outcome measures could give you an indication that a patient may be at risk for the development of CAI? *

Diagnostic Imaging
Diagnostic imaging refers to a variety of non-invasive methods to identify internal anatomical structures of the body.

35. I think diagnostic imaging is an important factor in the clinical assessment of LAS *

1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree

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36. I think an X-ray is an important imaging method to include in the clinical assessment of LAS

1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree

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37. What criteria need to be fulfilled in order for you to send a patient to get an X-ray?

38. Do you regularly use X-ray as an integral component of your clinical assessment of LAS?

Mark only one oval.

|   |   |   |   |   |
|---|---|---|---|
| 3.7 Yes | No |
|

39. I think MRI is an important imaging method to include in the clinical assessment of LAS

1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree

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40. What criteria need to be fulfilled in order for you to send a patient to get a MRI?
41. Do you regularly use MRI as an integral component of your clinical assessment of LAS?
   
   Mark only one oval.
   
   ☐ Yes
   ☐ No

42. I think ultrasound is an important imaging method to include in the clinical assessment of LAS
   
   1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
   
   Mark only one oval.

   1  2  3  4  5
   Strongly disagree ☐ ☐ ☐ ☐ ☐ Strongly Agree

43. What criteria need to be fulfilled in order for you to send a patient to get an ultrasound?

44. Do you regularly use ultrasound as an integral component of your clinical assessment of LAS?
   
   Mark only one oval.
   
   ☐ Yes
   ☐ No

45. Do you perform ultrasound assessment yourself?
   
   Mark only one oval.
   
   ☐ Yes
   ☐ No

46. Is there compulsory health insurance in the country in which you work that would cover diagnostic imaging such as X-ray's, MRI's or ultrasounds?
   
   Mark only one oval.
   
   ☐ Yes
   ☐ No
   ☐ Partial coverage

47. What diagnostic imaging findings could give you an indication that a patient may be at risk for the development of CAI? *

   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________

**Objective Assessment**

Objective assessment refers to measurable tests that can be administered in order to critically evaluate a patient's current state of movement and function.
Assessment of Bone Integrity

48. I think palpating bones around the ankle joint is an important factor in the clinical assessment of LAS. 
   1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
   Mark only one oval.

   1 2 3 4 5
   Strongly disagree Strongly Agree

49. I think palpating the posterior edge of the tibia is an important factor in the clinical assessment of LAS. 
   1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
   Mark only one oval.

   1 2 3 4 5
   Strongly disagree Strongly Agree

50. I think palpating the tip of the medial malleolous is an important factor in the clinical assessment of LAS. 
   1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
   Mark only one oval.

   1 2 3 4 5
   Strongly disagree Strongly Agree

51. I think palpating the posterior edge of fibula is an important factor in the clinical assessment of LAS. 
   1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
   Mark only one oval.

   1 2 3 4 5
   Strongly disagree Strongly Agree

52. I think palpating the tip of the lateral malleolus is an important factor in the clinical assessment of LAS. 
   1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
   Mark only one oval.

   1 2 3 4 5
   Strongly disagree Strongly Agree

53. I think palpating the base of the 5th metatarsal is an important factor in the clinical assessment of LAS. 
   1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
   Mark only one oval.

   1 2 3 4 5
   Strongly disagree Strongly Agree
54. I think palpating the navicular bone is an important factor in the clinical assessment of LAS
1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
Mark only one oval.

1 2 3 4 5

Strongly disagree ○ ○ ○ ○ ○ Strongly Agree

55. Would you palpate any other bone structures in the clinical assessment of LAS, if yes, which ones (rank your choices from most important at the top to least important at the bottom)?

56. Pain on palpation of which bone structures could give you an indication that a patient may be at risk for the development of CAI?

Assessment of Ligamentous Integrity

57. I think testing the integrity of the ligamentous structures of the ankle joint is an important factor in the clinical assessment of LAS *
1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
Mark only one oval.

1 2 3 4 5

Strongly disagree ○ ○ ○ ○ ○ Strongly Agree

58. I think it is important to test the integrity of the anterior talo-fibular ligament (ATFL) in the clinical assessment of LAS
1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
Mark only one oval.

1 2 3 4 5

Strongly disagree ○ ○ ○ ○ ○ Strongly Agree
59. What test(s) would you use in order to assess the integrity of the ATFL (if more than one, rank your choices from most important at the top to least important at the bottom)?


60. I think it is important to test the integrity of the calcaneo-fibular ligament (CFL) in the assessment of LAS

1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree

Mark only one oval.


61. What test(s) would you use in order to assess the integrity of the CFL (if more than one, rank your choices from most important at the top to least important at the bottom)?


62. I think it is important to test the integrity of the posterior talo-fibular ligament (PTFL) in the assessment of LAS

1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree

Mark only one oval.


63. What test(s) would you use in order to assess the integrity of the PTFL (if more than one, rank your choices from most important at the top to least important at the bottom)?


64. I think it is important to test the integrity of the syndesmosis ligaments in the clinical assessment of LAS

1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree

Mark only one oval.


65. What test(s) would you use in order to assess the integrity of the syndesmosis ligaments (if more than one, rank your choices from most important at the top to least important at the bottom)?

66. Are there any other ligamentous structures that you would test in the clinical assessment of LAS, if yes, which ones (rank your choices from most important at the top to least important at the bottom)?

67. Which tests for ligamentous integrity could give you an indication that a patient may be at risk for the development of CAI? *

Range of Motion and Arthrokinematics

Range of motion (ROM) refers to active and passive physiological movements of the joint.

Arthrokinematics refers to the accessory movements of joint surfaces.

68. I think testing the range of motion (ROM) of the ankle joint is an important factor in the clinical assessment of LAS *

   1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree

   Mark only one oval.

   1  2  3  4  5

   Strongly disagree  ☐ ☐ ☐ ☐ ☐  Strongly Agree

69. I think it is important to test active dorsiflexion of the ankle complex in the clinical assessment of LAS

   1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree

   Mark only one oval.

   1  2  3  4  5

   Strongly disagree  ☐ ☐ ☐ ☐ ☐  Strongly Agree
70. What test(s) would you use in order to assess and quantify active dorsiflexion of the ankle complex (if more than one, rank your choices from most important at the top to least important at the bottom)?

71. I think it is important to test active plantar flexion of the ankle complex in the clinical assessment of LAS
   1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
   Mark only one oval.

   1  2  3  4  5
   Strongly disagree    Strongly Agree

72. What test(s) would you use in order to assess and quantify active plantar flexion of the ankle complex (if more than one, rank your choices from most important at the top to least important at the bottom)?

73. I think it is important to test active inversion of the ankle complex in the clinical assessment of LAS
   1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
   Mark only one oval.

   1  2  3  4  5
   Strongly disagree    Strongly Agree

74. What test(s) would you use in order to assess and quantify active inversion of the ankle complex (if more than one, rank your choices from most important at the top to least important at the bottom)?
75. I think it is important to test active eversion of the ankle complex in the clinical assessment of LAS
1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
Mark only one oval.

76. What test(s) would you use in order to assess and quantify active eversion of the ankle complex (if more than one, rank your choices from most important at the top to least important at the bottom)?

77. I think it is important to test passive dorsiflexion of the ankle complex in the clinical assessment of LAS
1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
Mark only one oval.

78. What test(s) would you use in order to assess and quantify passive dorsiflexion of the ankle complex (if more than one, rank your choices from most important at the top to least important at the bottom)?

79. I think it is important to test passive plantar flexion of the ankle complex in the clinical assessment of LAS
1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
Mark only one oval.
80. **What test(s) would you use in order to assess and quantify passive plantar flexion of the ankle complex (if more than one, rank your choices from most important at the top to least important at the bottom)?**

81. **I think it is important to test passive inversion of the rearfoot in the clinical assessment of LAS**

   1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree

   *Mark only one oval.*

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82. **What test(s) would you use in order to assess and quantify passive inversion of the rearfoot (if more than one, rank your choices from most important at the top to least important at the bottom)?**

83. **I think it is important to test passive eversion of the rearfoot in the clinical assessment of LAS**

   1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree

   *Mark only one oval.*

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84. **What test(s) would you use in order to assess and quantify passive eversion of the rearfoot (if more than one, rank your choices from most important at the top to least important at the bottom)?**
85. I think it is important to test the mobility of the first ray in the clinical assessment of LAS

1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
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86. What test(s) would you use in order to assess and quantify the mobility of the first ray (if more than one, rank your choices from most important at the top to least important at the bottom)?

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87. I think testing the arthrokinematics of the ankle joint is an important factor in the clinical assessment of LAS

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88. I think it is important to test anterior-posterior glide of the inferior tibiofibular joint in the clinical assessment of LAS

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89. What test(s) would you use in order to assess anterior-posterior glide of the inferior tibiofibular joint (if more than one, rank your choices from most important at the top to least important at the bottom)?

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__________________________________________________________________________
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90. I think it is important to test posterior-anterior glide of the inferior tibiofibular joint in the clinical assessment of LAS

1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
Mark only one oval.

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91. What test(s) would you use in order to assess posterior-anterior glide of the inferior tibiofibular joint (if more than one, rank your choices from most important at the top to least important at the bottom)?


92. I think it is important to test anterior-posterior glide of the superior tibiofibular joint in the clinical assessment of LAS

1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
Mark only one oval.


93. What test(s) would you use in order to assess anterior-posterior glide of the superior tibiofibular joint (if more than one, rank your choices from most important at the top to least important at the bottom)?


94. I think it is important to test posterior-anterior glide of the superior tibiofibular joint in the clinical assessment of LAS

1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
Mark only one oval.


95. What test(s) would you use in order to assess posterior-anterior glide of the superior tibiofibular joint (if more than one, rank your choices from most important at the top to least important at the bottom)?


https://docs.google.com/forms/d/1U87T-a0M3oREviDJrkJr0ChMXWBjDExOTpoxN5zYJsqE/edit
96. I think it is important to test anterior-posterior glide of the talus in the clinical assessment of LAS

1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree

Mark only one oval.

1 2 3 4 5

Strongly disagree  2 3 4 5 Strongly Agree

97. What test(s) would you use in order to assess anterior-posterior glide of the talus (if more than one, rank your choices from most important at the top to least important at the bottom)?

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98. Are there any other active and/or passive movements or arthrokinematic tests you would include in the clinical assessment of LAS, if yes, which ones (rank your choices from most important at the top to least important at the bottom)?

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99. Which ROM and/or arthrokinematic tests could give you an indication that a patient may be at risk for the development of CAI? *

________________________________________________________________________

Assessment Of Muscles

Includes palpatory assessment, assessment of muscle length and muscle strength of the lower extremity

100. I think assessment of the lower extremity muscles is an important factor in the clinical assessment of LAS *

1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree

Mark only one oval.

1 2 3 4 5

Strongly disagree  2 3 4 5 Strongly Agree
101. **I think it is important to palpate the muscles of the ankle joint in the clinical assessment of LAS**

1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree

*Mark only one oval.*

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102. **Name the muscles of the ankle joint that you would include in your palpatory assessment**

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103. **I think it is important to palpate the intrinsic foot muscles in the clinical assessment of LAS**

1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree

*Mark only one oval.*

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104. **Name the intrinsic muscles of the foot that you would include in your palpatory assessment**

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105. **I think it is important to test the length of the muscles of the ankle joint in the clinical assessment of LAS**

1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree

*Mark only one oval.*

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106. **With reference to the statement above, list the muscle(s) that you would perform length assessment(s) on, and the test(s) you would use to do so (if more than one, rank your choices from most important at the top to least important at the bottom).**

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________________________________________________________________________
107. I think it is important to test the strength of the muscles of the ankle joint in the clinical assessment of LAS

1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree

Mark only one oval.

1 2 3 4 5

Strongly disagree □ □ □ □ □ Strongly Agree

108. With reference to the statement above, list the muscle(s) that you would perform strength assessment(s) on, and the test(s) you would use to do so (if more than one, rank your choices from most important at the top to least important at the bottom).

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109. Are there any other muscular structures that you would palpate in the clinical assessment of LAS, if yes, which ones (rank your choices from most important at the top to least important at the bottom)?

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110. Would you assess the length of any other muscles in the clinical assessment of LAS, if yes, which ones and what test(s) would you use (rank your choices from most important at the top to least important at the bottom)?

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111. Would you assess the strength of any other muscles in the clinical assessment of LAS, if yes, which ones and what test(s) would you use (rank your choices from most important at the top to least important at the bottom)?

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112. **Which assessment(s) of lower extremity muscles could give you an indication that a patient may be at risk for the development of CAI?**

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- [ ]
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- [ ]

**Assessment of Nerves**

Includes palpation and neurodynamic testing of the nerves. Neurodynamic testing for this survey is defined as evaluating the length and mobility of various components of the nervous system which involves conservative decompression of nerves as well as various neural mobilising techniques.

113. **I think the assessment of nerves is an important factor in the clinical assessment of LAS**

1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree

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114. **I think palpation of nerves in the lower exremity is an important factor in the clinical assessment of LAS**

1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree

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115. **Name the nerves of the lower extremity that you would palpate and at which anatomical locations you would palpate them (if more than one, rank your choices from most important at the top to least important at the bottom)**

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

116. **I think assessing lower limb neurodynamics is an important factor in the clinical assessment of LAS**

1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree

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117. What neurodynamic test(s) would you use in the clinical assessment of LAS (if more than one, rank your choices from most important at the top to least important at the bottom)?

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118. Which assessment(s) of nerves could give you an indication that a patient may be at risk for the development of CAI? *

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Sensorimotor Assessment

Sensorimotor assessment includes the domains of postural control and proprioception. For the purposes of this survey, static postural control is defined as the coordination of muscles to keep the body's centre of mass within its base of support; dynamic postural control is defined as the ability to tolerate separation of the centre of mass and centre of pressure while transitioning from one posture to the next or between a static to a dynamic state. Proprioception is defined as perception governed by proprioceptors, such as awareness of the position of one's body. The concepts of joint positions sense, the threshold for the detection of movement and force sense are constituent components of proprioception.

119. I think assessment of sensorimotor function is an important factor in the clinical assessment of LAS *

1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
Mark only one oval.

1 2 3 4 5

Strongly disagree

1 2 3 4 5

Strongly disagree

Mark only one oval.

120. I think assessing static postural control is an important factor of sensorimotor function to include in the clinical assessment of LAS

1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
Mark only one oval.

1 2 3 4 5

Strongly disagree

1 2 3 4 5

Strongly agree
121. **What test(s) would you use in order to assess static postural control (if more than one, rank your choices from most important at the top to least important at the bottom)?**


122. **I think assessing dynamic postural control is an important factor of sensorimotor function to include in the clinical assessment of LAS**

1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree

*Mark only one oval.*

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123. **What test(s) would you use in order to assess dynamic postural control (if more than one, rank your choices from most important at the top to least important at the bottom)?**


124. **I think assessing proprioception is an important factor of sensorimotor function to include in the clinical assessment of LAS**

1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree

*Mark only one oval.*

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125. **What test(s) would you use in order to assess proprioception (if more than one, rank your choices from most important at the top to least important at the bottom)?**


126. Are there any other domains of sensorimotor function that you would include in the clinical assessment of LAS, if yes, which ones (rank your choices from most important at the top to least important at the bottom)?

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127. Which sensorimotor test(s) could give you an indication that a patient may be at risk for the development of CAI? *

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Performance Assessment

Performance assessment includes gait and other functional performance tests. Gait includes walking and/or running. Functional performance tests are defined as using a variety of physical skills and tests to determine: (1) one’s ability to participate at the desired level in sport, occupation, and recreation or to return to participation in a safe and timely manner without functional limitations; and (2) one’s ability to move through up to three planes of movement as determined via non-traditional testing that provides qualitative and quantitative information related to specialized motions involved in sport, exercise, and occupations.


128. I think assessment of performance is an important factor in the clinical assessment of LAS *

1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
Mark only one oval.


1 2 3 4 5

Strongly disagree   Strongly Agree

129. I think gait analysis is an important factor in the clinical assessment of LAS

1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
Mark only one oval.


1 2 3 4 5

Strongly disagree   Strongly Agree
130. How would you assess gait in your clinical assessment of LAS (if more than one, rank your choices from most important at the top to least important at the bottom)?


131. I think functional performance tests are an important factor in the clinical assessment of LAS
1 = Strongly disagree; 2 = Disagree; 3 = No opinion; 4 = Agree; 5 = Strongly agree
Mark only one oval.


132. What functional performance test(s) would you include in your clinical assessment of LAS (if more than one, rank your choices from most important at the top to least important at the bottom)?


133. Are there any other domains of performance that you would evaluate in the clinical assessment of LAS, if yes, which ones and what test(s) would you use (rank your choices from most important at the top to least important at the bottom)?


134. Which assessment(s) of performance could give you an indication that a patient may be at risk for the development of CAI? *


Additional Assessment
135. Are there any additional components of assessment not mentioned in the above sections that you would include in your clinical assessment of LAS? If so please name them and the method of assessing them.

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