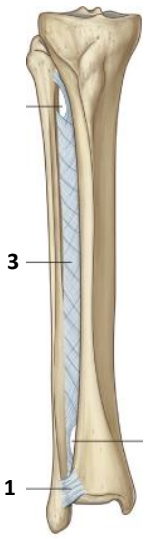
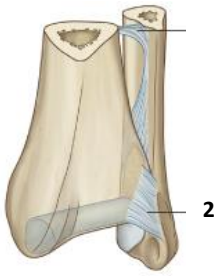
1. Name the structures pictured below supporting the tibiofibular joints




Anterior view




Posterior view

2. List the 4 structures that make up the deltoid ligament.

3. List the 3 structures that make up the lateral ligaments of the ankle.

4. Which position is the most stable for the ankle joint?

5. Name 3 muscles of the anterior compartment of the lower leg?

6. Name 3 deep muscles of the posterior compartment of the lower limb

7. Describe the action of the popliteus muscle during stance phase/closed-chain activity.

8. What injuries are demonstrated in the xrays below

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9. Define ‘pathomechanics’.

10. List the 3 components that comprise ground reaction force and define ‘ground reaction force vector’.

11. List the movements occurring in the frontal/coronal plane in the body.

12. List the movements occurring in the transverse plane in the foot.

13. Define and provide one example of a ‘uniplanar joint’.

14. How much movement occurs in the talocrural joint in the frontal plane?

15. List one temporal and one spatial measure used in the analysis of gait.

16. What percentage of the gait cycle is spent in swing phase in an individual with a normal gait pattern?

17. List and order the events that comprise stance phase in normal gait.

18. What percentage of time is spent in double support in a normal gait pattern?

19. List 2 populations in which double support time may be increased and provide one reason for this.

20. Define ‘cadence’.

21. List 3 factors that affect walking speed.

22. Define ‘angle of gait’ and provide the normal range for this measure.

23. What is the normal ratio of inversion:eversion at the subtalar joint?

24. What total ROM at the subtalar joint is required for normal gait?

25. Define ‘open chain’ and ‘closed chain’ and distinguish between the action of the talus during each of these positions.

26. What movement occurs at the subtalar joint prior to initial contact and which muscle is acting to control this movement?