# The Clubfoot Assessment Protocol (version 1.0)

<table>
<thead>
<tr>
<th>Name:</th>
<th>Date of birth:</th>
<th>Date of assessment:</th>
<th>Assessment number:</th>
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**Side:** O Left O Right

**Rating** 0 1 2 3 4

### Passive mobility

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</thead>
<tbody>
<tr>
<td>1. Dorsiflexion</td>
<td>&lt; -10°</td>
<td>-10° - 0°</td>
<td>0° - +10°</td>
<td>+10° - +20°</td>
<td>&gt; +20°</td>
</tr>
<tr>
<td>2. Plantar flexion</td>
<td>0° - &lt; 10°</td>
<td>10° - &lt; 20°</td>
<td>20° - &lt; 30°</td>
<td>30° - 40°</td>
<td>&gt; 40°</td>
</tr>
<tr>
<td>3. Varus/valgus</td>
<td>&gt; 20° var</td>
<td>20° - &lt; 10° var</td>
<td>10° - &lt; 0° var</td>
<td>0° - neutral</td>
<td>&gt; 0° vlg</td>
</tr>
<tr>
<td>4. Derotation</td>
<td>&gt; 20° inv</td>
<td>20° - &lt; 10° inv</td>
<td>10° - &lt; 0° inv</td>
<td>0° - 10° evr</td>
<td>&gt; 10° evr</td>
</tr>
<tr>
<td>5. Add/abd</td>
<td>&gt; 20° add</td>
<td>20° - &lt; 10° add</td>
<td>10° - &lt; 0° add</td>
<td>0° - neutral</td>
<td>&gt; 0° abd</td>
</tr>
<tr>
<td>6. Tightness</td>
<td>+ tight</td>
<td>tight</td>
<td>soft-tight</td>
<td>soft</td>
<td></td>
</tr>
<tr>
<td>7. Flx.dig.long.</td>
<td>+ reduced</td>
<td>reduced</td>
<td>normal</td>
<td></td>
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<tr>
<td>8. Flx.dig.hall.</td>
<td>+ reduced</td>
<td>reduced</td>
<td>normal</td>
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### Muscle function (strength)

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<tbody>
<tr>
<td>9. M. peroneus</td>
<td>absent/poor</td>
<td>reduced</td>
<td>normal</td>
<td></td>
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<tr>
<td>10. M. ext.dig.long</td>
<td>absent/poor</td>
<td>reduced</td>
<td>normal</td>
<td></td>
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</tr>
<tr>
<td>11. M. sol./gastr.</td>
<td>absent/poor</td>
<td>reduced</td>
<td>normal</td>
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### Morphology

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<tbody>
<tr>
<td>12. Tibial rotation</td>
<td>+ inw.</td>
<td>inw.</td>
<td>normal</td>
<td></td>
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</tr>
<tr>
<td>13. Calcaneus position</td>
<td>&gt; 10 varus</td>
<td>&gt; 0 varus &lt; 10</td>
<td>neutral/vlg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14. Forefoot position</td>
<td>&gt; 20° add.</td>
<td>&gt; 10 add. &lt; 20°</td>
<td>add &lt; 10°</td>
<td></td>
<td></td>
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<tr>
<td>15. Foot arch</td>
<td>+ cavus</td>
<td>cavus</td>
<td>normal</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Motion quality</td>
<td>Rating</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>---------------</td>
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<tr>
<td>I</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16. Walking</td>
<td>+ deviant</td>
<td>deviant</td>
<td>slightly deviant</td>
<td>normal</td>
<td></td>
</tr>
<tr>
<td>17. Toe walking</td>
<td>cannot</td>
<td>deviant</td>
<td>slightly deviant</td>
<td>normal</td>
<td></td>
</tr>
<tr>
<td>18. Heel walking</td>
<td>cannot</td>
<td>deviant</td>
<td>slightly deviant</td>
<td>normal</td>
<td></td>
</tr>
<tr>
<td>19. Squatting</td>
<td>cannot</td>
<td>deviant</td>
<td>slightly deviant</td>
<td>normal</td>
<td></td>
</tr>
<tr>
<td>20. Running</td>
<td>+ deviant</td>
<td>deviant</td>
<td>slightly deviant</td>
<td>normal</td>
<td></td>
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<tr>
<td>II</td>
<td></td>
<td></td>
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<tr>
<td>21. One legstand</td>
<td>cannot</td>
<td>deviant</td>
<td>slightly deviant</td>
<td>normal</td>
<td></td>
</tr>
<tr>
<td>22. Hop1leg</td>
<td>cannot</td>
<td>deviant</td>
<td>slightly deviant</td>
<td>normal</td>
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</tbody>
</table>

Extra notes: Structured questions about pain, stiffness, shoe problems, physical condition, activity level, sports and social participation and patient/parent satisfaction.

+ = pronounced / very, var= varus, vlg= valgus, inv = inversion, evr = eversion, add = adduction, abd = abduction. inw = inward rotation, flx.dig.long. = length of M. flexor digiti longus, flx.dig.hall. = length of M. flexor digiti hallucis

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Published online 2005 July 18. doi: 10.1186/1471-2474-6-40.

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