Foot Manipulation, A.T. Still Techniques

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From this workshop, the attendees should be able to:

• Identify common anatomical landmarks of the ankle and foot.
• Learn foot and ankle techniques as taught by A.T. Still.
• Perform ankle/foot HVLA techniques that are commonly associated with an Inversion sprain of the ankle.
Anatomy Review

The Ankle
Talus
Ankle Joint
Tibio-talar or Talo-crural or “Mortise”

Anterior View
Anterolateral View
Posterior-Lateral View
Anatomy Review

The Foot
Medial Cuneiform
Dorsal View

Intermediate Cuneiform
Dorsal View

Lateral Cuneiform
Plantar View

Navicular
Plantar View

Intermediate Cuneiform
Plantar View

Cuboid
Palpable landmarks

- Calcaneus / Talus
- Navicular
- Cuneiforms
- Cuboid
- Base of 5th metatarsal
- Metatarsals
- Phalanges
Locate on Yourself!

Cuneiforms  (5, 6, & 7)
Navicular    (3)
Cuboid      (4)
Tarsal Displacements

**Navicular:**
-Tends to **INVERT**; the plantar surface turns medially

**Cuboid:**
-Tends to **EVERT**; the plantar surface turns laterally

**Cuneiforms:**
-Tend to **DEPRESS**, thereby moving inferiorly

... thus flattening the arch of the foot
The following techniques are the sequential treatment for an Ankle Sprain.
1. Lymph drainage
2. Talus repositioning/Ankle decompression
2. Talus repositioning/Ankle decompression
3. Cuneiform Repositioning
3. Cuneiform Repositioning
4. Cuboid Repositioning
4. Cuboid Reposition
Ankle Injury Techniques

Lymph Drainage

Ankle Decompression

Cuneiform Reposition

Finger placement

Cuboid Reposition
A foot divided
5. Plantar Adhesions
6. Dorsal Adhesions
7. Dorsal Cuneiform Adhesions
8. 1\textsuperscript{st} MP adhesions
9. 1\textsuperscript{st} MP abductions
Ankle Techniques (5)

- Plantar adhesions
- Dorsal adhesions
- Dorsal Cuneiform adduction
- 1st MP decompression
- 1st MP abduction