

Kaltenborn's Test for the Foot and Toes¹

FIXATE	MOVE	DIRECTION
Midfoot	Toe	Plantar / Dorsal
2 nd and 3 rd Cuneiforms	3 rd Metatarsal	Plantar
2 nd and 3 rd Cuneiforms	2 nd Metatarsal	Plantar
1 st Cuneiform	1 st Metatarsal	Plantar
Navicular	1 st , 2 nd , 3 rd Cuneiforms	Plantar
Talus	Navicular	Dorsal ²
Cuboid	4 th and 5 th Metatarsals	Plantar
Navicular and 3 rd Cuneiform	Cuboid	Plantar
Calcaneous	Cuboid	Plantar ²
Talus	Calcaneous	Plantar ²

Notes:

¹ Kaltenborn, F.M. (2002). *Manual Mobilization of the Joints: The Kaltenborn Method of Joint Examination and Treatment. Volume 1: The Extremities.* Oslo: Olaf Norlis Bokhandel. Available through OPTP Minneapolis, Minnesota, USA.

² We will modify these directions slightly in class.