

# Measuring Ankle Angles with a Goniometer

*Leah T. Gaeta*

*Boston University, Dept. of Mechanical Engineering*

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1. Align the center of the goniometer with the lateral aspect of the lateral malleolus.
2. Bring the ankle to a neutral 90 degrees.
3. Align one end of the goniometer with the approximate middle of the shank (lower leg). This will be the stationary part.
4. Align the other end of the goniometer with the 5th metatarsal. This is the moving end.
5. Measure various angles of plantar flexion and approximate capacitance values from the Arduino Serial Monitor. The angles are reported as relative to the neutral 90 degree ankle position. For instance, 10 degrees of dorsiflexion would be -10 degrees of plantar flexion.