

Foot Manipulation: AT Still/ Hiss Techniques

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1. Pre-Manipulation Lymphatic Drainage:

1. Stabilize the foot with your lateral hand by grasping onto the heel or lateral aspect of the foot.
2. Using your hand medial to the foot, grasp the medial edge of the foot with your thumb contacting the plantar surface and your other digits wrapping around the dorsum of the foot. Your "web space" should be flush with the skin.
3. Provide gentle pressure to the plantar aspect and move hand in a clockwise motion, starting distally and moving proximally.

2. Ankle Decompression and Talus Repositioning:

1. Interlace both hands around the dorsum of the foot with elbows close to your own body. Thumbs will be on the plantar aspect (do not apply pressure).
2. Dorsiflex the ankle.
3. Apply an inferior thrust (accentuating dorsiflexion).

3. Cuneiform Repositioning:

1. Stabilize the foot with your medial hand by grasping onto the heel.
2. Using your lateral hand, place your 3rd & 4th digits underneath the cuneiforms (medial and intermediate), with your palm contacting the dorsum of the foot (thumb towards patient's digits).
3. Dorsiflex the foot by placing the patient's foot on your superior chest.
4. Apply a rotatory thrust by externally rotating your lateral arm while maintaining a straight wrist.

4. Cuboid Repositioning:

1. Stabilize the foot with your medial hand by grasping onto the heel.
2. Using your lateral hand, place your 3rd & 4th digits underneath the cuboid, with your palm contacting the lateral aspect of the foot (thumb towards the ankle). Your thenar eminence will be contacting the anterior aspect of the cuboid.
3. Apply a rotatory thrust by supinating your lateral arm.

5. Plantar Tarsal/Metatarsal Adhesions:

1. Stabilize the foot with your medial hand by grasping onto the tarsal bones or heel.
2. Using your lateral hand, place your 1st MCP joint underneath the head of the 1st MT to contact the sesamoid bones, with your other digits wrapping around the dorsum of the foot.
3. Apply an anterior thrust into dorsiflexion.

6. Dorsal Tarsal/Metatarsal Adhesions:

1. Stabilize the foot with your **lateral** hand by grasping onto the heel.
2. Using your medial hand, grasp the Tarsal-Metatarsal joints by wrapping your thenar web around the dorsum of the foot distal to the tarsal bones. Thumb will be wrapping around the lateral aspect and your other digits will wrap around the medial aspect.
3. Apply an inferior thrust (towards the floor).

7. 1st Metatarsal Phalangeal Adhesions:

1. Stabilize the foot with your **lateral** hand by grasping onto the heel.
2. Using your medial hand, grasp the head of the 1st metatarsal with your thenar web. Your thumb will be contacting the dorsum of the foot and your other digits will wrap around the plantar aspect of the foot.
3. Apply a distal thrust into traction.

8. 1st Metatarsal Phalangeal Abduction:

1. Stabilize the foot with your medial hand by grasping onto the metatarsals with the 1st metatarsal phalangeal (MTP) joint in your thenar web.
2. Using your lateral hand, place your thenar web on the inside aspect of the 1st MTP joint in between the 1st and 2nd digits.
3. Apply a medial thrust into abduction of the hallux with your lateral hand, while providing a slight lateral force with your stabilizing (medial) hand.

9. Dorsal Cuneiform Adhesions:

1. Stabilize the foot with your **lateral** hand by grasping onto the heel.
2. Using your medial hand, grasp the Tarsal-Metatarsal joints by wrapping your thenar web around the medial aspect of the foot. Thumb will be wrapping around the plantar surface and your other digits will wrap around the dorsum of the foot.
3. Apply a rotatory thrust into eversion.