

Outer knee, shin & foot drop - education & notes

Clinical-source reading and an observation workbook for lower leg & foot.

01 / Recognize the pattern

Difficulty lifting the front of the foot or toes, toe catching or an altered walking pattern. Common peroneal nerve is one possible cause; spine, brain, muscle and other nerve conditions also matter.

02 / Understand the limits

Foot drop is a sign with multiple causes. It cannot be localized safely from an online body map.

03 / Movement and rehabilitation

Physiotherapy and a brace may be used after the cause is identified. Do not choose a generic strengthening progression before assessment.

04 / Review and warning signs

Do not continue jumping, trail running or loaded carries while the toes are catching. Stretching is not a substitute for neurological assessment. Sudden weakness with facial droop, speech change or other stroke signs needs emergency care. New foot drop needs medical review even without pain.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

Describe what happens during normal activity. Record location, timing and any change in function. Bring the notes to your clinician; do not use them to identify a nerve lesion or choose a stretching dose yourself.

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Date and region	Sensation and timing	Activity / position	Function / weakness	Questions / next action

Evidence and original clinical reading

<https://www.nhs.uk/conditions/foot-drop/>

Source reviewed 30 September 2026. The clinical publisher has not endorsed or individually approved this site. These guides support assessment, not self-diagnosis. Use clinician-agreed ranges and doses. Keep personal notes private.