**Special Tests of the Ankle & Lower Leg**

**Percussion Test**

* This test is performed to evaluate a possible **fracture to the calcaneus, talus or distal tibia**
* Have the athlete lie supine (on their back) or sit on a table with their injured foot extended over the edge of a table
* Grasp their lower leg with one hand to stabilize it
* With the heel of your other hand, gently strike the bottom of the athlete’s heel
* A positive test will result in pain that is caused by a vibratory force that resonates within the fracture



**Compression Test**

* This test is performed to evaluate a possible **fracture of the tibia or fibula**
* Have the athlete lie supine or sit on a table with their injured leg extended
* Grasp their lower leg above and below the suspected fracture site
* Squeeze their leg with your hands
* An increase in pain over the area that is point tender may be a positive sign for a fracture



**Thompson Squeeze Test**

* This test is performed to evaluate the lower leg for a possible **achilles tendon rupture**
* Have the athlete lie prone (on their stomach) with the foot of the injured achilles over the edge of the table
* Grasp their calf muscles with one or both hands
* Squeeze their calf
* A positive sign would be that the foot does not plantar flex, indicating that they have torn their achilles tendon



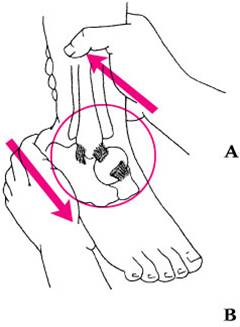
**Homan’s Test**

* This is a test that is performed to check for **deep vein thrombophlebitis** (inflammation of veins)
* Have the athlete lie supine on a table with their knee fully extended
* Grasp their leg with one hand and raise it slightly off the table
* With your other hand, passively dorsiflex their foot to stretch their calf muscles
* A positive sign is pain in their calf, and they should be referred to a physician immediately



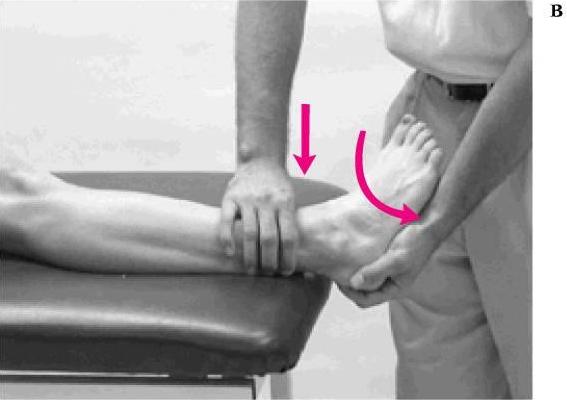
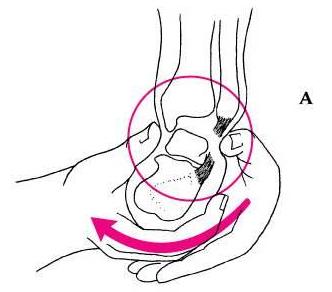
**Anterior Drawer Test**

* This test is performed to determine damage to the **anterior talofibular ligament**
* Have the athlete sit on a table with their injured leg hanging over the edge
* Place one hand behind the calcaneus and the other around the tibia and fibula
* Gently pull the foot forward and push the lower leg backward
* A positive test occurs when foot slides forward and/or makes a clunking sound as it reaches the end point



**Talar Tilt Test**

* This test is performed to determine the extent of inversion or eversion injuries
* Have the athlete lie supine or sit on a table with their injured ankle extended over the edge
* Grasp their lower leg with one hand to stabilize it
* Grasp their heel with your other hand
* Passively invert/evert their ankle
* A positive test would result in laxity (excess motion/looseness) and pain
  + Inversion – Indicates an injury to the **calcaneofibular ligament**
  + Eversion – Indicates an injury to the **deltoid ligament**



**Kleiger’s Test**

* This test is performed to determine the extent of an injury to the **deltoid ligament** primarily, but also may be used to evaluate the **anterior/posterior tibiofibular ligaments**
* Have the athlete lie supine or sit on a table with their injured ankle extended over the edge
* Grasp their lower leg with one hand to stabilize it
* Grasp their foot and rotate it laterally
* A positive test would result in pain and laxity

