

# Ankle Impingement Test

Name:

Date of birth:

Date of test:

Assessed by:

## Anterior impingement test (Molly-Bendall test)

1. Dorsiflex the ankle.
2. While dorsiflexing, palpate and press the anteromedial ankle joint area.
3. Observe for any pain during this test.
4. If pain is present, there is a probability that the injury is impingement.

Performed?

Yes    [ ] No

Interpretation:

**Positive result:** The patient experiences pain during dorsiflexion, indicating potential impingement in the anteromedial ankle joint area.

**Negative result:** The patient does not experience any pain or discomfort during dorsiflexion, ruling out the possibility of anteromedial ankle impingement.

## Heel thrust test

1. Instruct the patient to lie in a supine position with their ankle hanging over the edge of the bench.
2. Ask the patient to relax their foot as much as possible.
3. Place the base of your palm over the patient's heel with one hand.
4. Use your other hand to stabilize the tibia.
5. Apply a horizontal thrust to the heel.
6. Determine if the test is positive by checking for reproduced posterior ankle pain.

Performed?

Yes    [ ] No

**Interpretation:**

**Positive result:** Reproduction of pain in the posterior ankle may indicate a potential injury or condition.

**Negative result:** If there is no reproduction of pain, there are likely no underlying issues with the patient's posterior ankle. However, it is still important to monitor for any discomfort or changes in symptoms over time.

**Additional notes****Doctor's signature****Date:**