

Ankle Posterior Drawer Test

Name: _____ Age: _____

Examiner: _____ Date: _____

Pre-test checklist

- Confirm no recent ankle or foot surgeries
- Check for any significant skin conditions that might affect the test accuracy or patient comfort
- Ensure the examination room is free of obstacles for safe patient positioning

Test procedure

1. Position the patient supine with the foot relaxed.
2. Stabilize the tibia and fibula with one hand.
3. Plantar flex the patient's foot to 20 degrees.
4. Hold the patient's calcaneus with the other hand and distract it from the tibia and fibula by slowly pulling it inferiorly.
5. Apply posterior pressure on the calcaneus and talus, and overpressure at the end of the passive range.

Test findings

- Positive:** Presence of sulcus, pain, or excessive posterior translation of the talus, indicating ligamentous laxity or rupture
- Negative:** Normal end feel and limited posterior translation, indicating intact ligaments.

Other observations and additional notes regarding procedure:

Examiner's additional notes

Healthcare professional's information

Name:

License number:

Phone number:

Email:

Name of practice: