

Bernese Ankle Rules

Patient information	
Name:	Date of birth:
Height:	Date of examination:
Weight:	Gender: Male Female
Test overview	
<p>The Bernese Ankle Rules help clinicians decide whether radiographic imaging is necessary for patients with ankle trauma. The test focuses on evaluating the stability of the ankle joint by performing various stress tests.</p>	
Test procedure	
<p>Perform the following tests on your patient. Observe their responses during the test and take notes as necessary.</p> <ol style="list-style-type: none">1. Indirect fibular stress test:<p>Compress the malleolar fork approximately 10 cm proximal to the fibular tip. Avoid direct palpation of the injured region.</p>2. Direct medial malleolar stress:<p>Press the thumb flatly on the medial malleolus, avoiding direct palpation using the tip of the thumb.</p>3. Compression stress of the midfoot and hindfoot:<p>Fix the calcaneus in a neutral position with one hand and apply a sagittal load on the forefoot with the other hand, compressing the midfoot and hindfoot.</p>	
Test results	
<ul style="list-style-type: none">• Positive:<p>The test is positive if the patient experiences pain or discomfort during any of the above tests. Further evaluation and imaging may be needed.</p>• Negative:<p>The test is negative if the patient does not experience any pain or discomfort during all three tests.</p>	

Additional notes and recommendations

Healthcare practitioner's information

Name:

Signature:

Date: