

Clonus Reflex Test

Name: _____ Age: _____ Date of test: _____

Purpose

The Clonus Reflex Test evaluates the rhythmic, oscillating stretch reflex known as clonus, typically resulting from upper motor neuron lesions. This test helps in assessing the nervous system's status, differentiating between central and peripheral nervous system involvement, and aiding in the prognostic evaluation of seizures in specific drug overdoses. Clonus often accompanies hyperreflexia and spasticity, indicative of central nervous system issues.

Equipment needed

Examination table

Test procedure

1. Instruct the patient to lie in a relaxed supine position on the examination table.
2. Slightly flex the patient's knee and support the leg with one hand.
3. With the other hand, gently move the patient's ankle up and down a couple of times to dorsiflexion and plantarflexion.
4. Quickly dorsiflex the ankle by pushing the foot upwards and hold it in this position.
5. Observe and feel for rhythmic oscillations (beats) against the sustained pressure.

Results

- Positive:** More than 3-4 rhythmic oscillations (beats) observed and felt.
- Negative:** Fewer than 3 rhythmic oscillations (beats) observed and felt.

Additional notes

Healthcare professional information

Name & signature:

Date: