Eversion Stress Test

Patient name: John Doe

Date: June 16, 2024

Examiner: Dr. Emily Roberts

Test overview

The Eversion Stress Test is a physical examination technique used to assess the stability of the ankle joint, particularly the deltoid ligament.

Test procedure

1. Have the patient lie on their back with their knee bent at 90 degrees and their foot flat on the examination table.
2. Place one hand under the patient's heel and the other hand on the lower leg.
3. Use your forearm to stabilize the patient's leg.
4. Push the calcaneus and talus into eversion with the hand on the heel while simultaneously applying a medial force on the lower leg with the other hand.
5. Observe the ankle's outward movement and check for any excessive looseness or instability. Compare the results to the unaffected ankle, if available.

Results

- (●) **Positive:** A positive test indicates excessive outward movement of the ankle joint, potentially signaling a sprain or tear in the deltoid ligament. A spongy or indefinite end feel suggests a complete tear.
- ( ) **Negative:** A negative test shows no excessive movement or instability in the ankle joint.

Note: A positive Eversion Stress Test may also be indicative of a syndesmotic injury, as the deltoid ligament is connected to the anterior inferior tibiofibular ligament. Further tests may be needed for proper diagnosis.

Additional notes and recommendations

A positive Eversion Stress Test in John's case may also indicate a syndesmotic injury, as the deltoid ligament is connected to the anterior inferior tibiofibular ligament. Further tests, including imaging studies, are recommended for a proper diagnosis.

Given the positive test result and the spongy end feel, an MRI is recommended to confirm the extent of the injury and to rule out any associated injuries to the surrounding structures.

Healthcare professional's information	
Name:	Dr. Emily Roberts
License number:	MD1234567
Contact number:	(555) 123-4567
Signature:	**Dr. Roberts**

Reference

Mat Assessment. (2023). *Ankle orthopaedic test: Eversion stress test*. https://www.matassessment.com/blog/eversion-stress-test