

Heel Thump Test

Name: _____ Age: _____

Examiner: _____ Date: _____

Test procedure

1. The patient should be seated with their ankle relaxed and slightly plantar flexed due to gravity.
2. Stabilize the lower leg to ensure it does not move during the test.
3. Firmly thump the center of the calcaneus with a force directed along the axis of the tibia.

Test findings

Look for the presence of pain in the syndesmosis area upon the thump. Note whether the pain replicates the patient's symptoms associated with a syndesmosis sprain.

- Negative:** No pain or pain does not replicate syndesmosis sprain symptoms.
- Positive:** Pain replicates syndesmosis sprain symptoms.

Reminder

A positive Heel Thump Test suggests a syndesmosis sprain only after other associated injuries around the ankle have been ruled out through other tests, imaging, or radiographs.

Additional notes

Healthcare professional's information

Name:

License number:

Phone number:

Email:

Name of practice: