

Matles Test

Patient name:
Age:
Gender:
Date of examination:
Matles test
The Matles Test can be used to check for Achilles rupture.
Procedure
1. If awake, the patient is asked to lie prone and actively flex their knees to 90°.
2. If locally anaesthetized, the examiner passively flexes the knees.
3. The examiner must observe the position of the ankles and feet.
4. An uninjured foot remains in slight plantar flexion.
5. When the patient suffers from an Achilles tendon rupture, the foot will fall into a neutral position or even into dorsiflexion. This is often referred to as 'the angle of dangle'.
6. If the Achilles tendon is ruptured, the forefoot remains in a neutral or slight deflection position, which is considered a positive result .
Test results
Positive: Patient's forefoot remains in neutral or slight deflection position
Negative: Patient's forefoot remains in a slight plantar flexion position
Notes
Physician's information
Physician in-charge:
Date:
License number:
Signature: