

# Royal London Hospital Test

Name:

Date:

Examiner:

The Royal London Hospital Test is a clinical examination technique used to diagnose Achilles tendinopathy.

## Test procedure

1. Instruct the patient to lie prone with their foot hanging over the edge of the examination table or bench.
2. Position the ankle in a neutral or slightly plantar-flexed position.
3. Palpate the Achilles tendon for tenderness, typically located 2-5 cm from the calcaneal insertion or at the insertion itself.
4. Request the patient to dorsiflex their ankle to its maximum range.
5. Re-palpate the Achilles tendon at the previously identified tender spot.
6. Instruct the patient to move their foot into maximum plantar flexion.
7. Palpate the Achilles tendon once again at the tender spot previously identified.

## Results

**Positive:** The test indicates Achilles tendinopathy if the initial pain at the tender spot is absent or significantly reduced when the ankle is maximally dorsiflexed.

**Negative:** The test is considered negative if the pain at the tender spot remains the same or worsens with ankle movement.

## Notes and recommendations

## Healthcare provider's information

Name:

License number:

Contact number:

Signature:

