

## Specific Testing/Maneuvers of the Ankle & Foot

### Anterior Ankle Drawer

**Structure/sign being tested:** Integrity of the anterior collateral ligament (ACL)

**Position of Patient:** Lying supine, the hip is passively flexed to 45°, and the knee is passively flexed to 90°

**Position of examiner:** The examiner sits on the examination table placing the patient's foot under the buttocks, providing a base of stability to fixate the tibia. The examiner grasps the proximal tibia, with the fingers overlying the joint space to assess excursion, and the thumbs placed along the joint line on either side

**Procedure:** Palpating to make sure the hamstrings are relaxed, an anteriorly directed force is applied

**Positive Test Result:** Increased laxity when compared bilaterally with the other knee. Ligament tests are graded as Negative (firm endpoint), 1+, 2+, 3+. NOTE: Lachmans test should be preferred maneuver for the ACL



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## Specific Testing/Maneuvers of the Ankle & Foot

### Talar Tilt

**Structure/sign being tested:**

Stability of the ankle, specifically the CFL (Calcaneofibular ligament)

**Position of Patient:** Seated on table with knee in flexion

**Position of examiner:** In front of patient seated near level of ankle/foot

**Procedure:** One hand stabilizes the tibia, while other hand supports the planter aspect of the calcaneus and also may exert slight superior force to engage talus into the tibiotalar joint. The calcaneus (i.e. talus) is tilted in pure coronal plane motion from side to side.

**Positive Test Result:** Increased laxity or lack of endpoint indicates positive. May also be graded 1+, 2+, 3+



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## Specific Testing/Maneuvers of the Ankle & Foot

### Thompsons Test

**Structure/sign being tested:** Test for rupture of the Achilles Tendon

**Position of Patient:** Lying prone, with the feet off the edge of the table, or with knee in flexion

**Position of examiner:** At the side of the patient, with one hand over the muscle belly of the calf musculature

**Procedure:** The examiner compresses the calf muscle while observing for plantar flexion of the foot

**Positive Test Result:** An absence of this plantar flexion implies a rupture of the Achilles Tendon



Reference # 4,12

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