

Ankle Bump Test

Name:

Date:

Instructions:

1. Ensure the patient is in a non-weight-bearing position, either lying supine or seated comfortably.
2. The patient's ankle in a neutral position, neither dorsiflexed nor plantarflexed, to allow for accurate assessment.
3. Stabilize the lower leg firmly to prevent excessive movement during the test. This can be achieved by holding the lower leg with one hand or using an assistant to provide stabilization.
4. Using the thenar eminence (the fleshy part of the palm at the base of the thumb), apply a firm and controlled longitudinal force (a "bump") to the patient's heel. Ensure that the force is applied directly along the long axis of the lower leg.
5. Observe the patient's response closely. If a fracture is present, the reverberating force from the bump will likely produce pain at the site of the fracture.
6. Depending on the results of the Bump test and other clinical findings, further evaluation such as imaging studies (X-ray, MRI, etc.) may be necessary to confirm the presence and extent of the fracture and to guide appropriate treatment.

Findings:

Additional Notes: