

# Ankle Bump Test

## Patient information

Name:

Date of birth:

Gender:

Date of assessment:

## Introduction

The Ankle Bump Test, also known as the heel thump test, was first described by Lindenfeld (2005) and is considered positive when it produces pain over the anterior or posterior aspect of the ankle or in the distal leg, corresponding to the area of the anterior or posterior tibiofibular ligament and interosseous membrane, respectively.

## Procedure

1. Have the patient sit with their leg dangling, allowing the ankle to relax naturally.
2. Slight ankle plantarflexion should occur due to gravity.
3. Stabilize the lower leg with one hand.
4. With the base of your thumb, apply a firm bump to the center of the calcaneus, directing the force upward along the axis of the tibia



5. Assess for pain in the anterior or posterior ankle or distal leg, particularly over the anterior/posterior tibiofibular ligaments or interosseous membrane.

## Was the test performed properly?

☐ Yes

☐ No

## Results/findings

## Interpretation

- ☐ **Positive result:** Patient reports pain over the anterior/posterior ankle or distal leg, suggesting a possible syndesmotic sprain.
- ☐ **Negative result:** No pain is elicited during the maneuver, indicating that syndesmotic injury is less likely.

## Additional notes

## Healthcare information

Name:

License ID:

Signature:

Date of assessment:

Lindenfeld, T., & Parikh, S. (2005). Clinical tip: Heel-thump test for syndesmotic ankle sprain. *Foot & Ankle International*, 26(5), 406–408. <https://doi.org/10.1177/107110070502600512>

Physiotutors. (2022, November 21). *Heel Thump Test | Syndesmosis sprain* [Video]. YouTube. <https://www.youtube.com/watch?v=NaU0-SyaZaw>