

Calcaneal Squeeze Test

Patient's name: Margaret Lee Age: 62 Gender: Female

Examiner: Dr. Jonathan Smith Date: Nov. 11, 2024

Test procedure

1. Have the patient sit down in front of you and position yourself in front of the patient.
2. Raise the patient's foot to be tested. Gently hold the patient's leg up and keep it steady.
3. Identify the calcaneus (heel bone) by palpating the back of the foot. The calcaneus is the prominent bone at the back of the foot, just below the ankle.
4. Apply a compressive force to the patient's calcaneus from the lateral and medial sides. You may use your thumb and index finger to do so. Some examiners use the palms of both hands and include a gentle side-to-side movement while squeezing.
5. Ask the patient if they experience any pain, discomfort, or tenderness while you're applying pressure to the calcaneus. Note the patient's verbal response and observe their facial expressions for signs of discomfort. Note the specific location of the pain and the intensity and nature of the discomfort reported by the patient.



Test results

- ☐ **Negative:** The procedure does not provoke or worsen the pain experienced by the patient.
- ☒ **Positive:** The patient feels a sharp pain or tenderness during the calcaneus compression and/or side-to-side movement, which may indicate a fracture or injury.

Additional notes

The patient described the pain as sharp and stabbing, intensifying with walking and weight-bearing. No significant swelling or redness was observed in the heel area, but the patient reported tenderness upon palpation.

Referral for imaging (X-ray or MRI) is recommended to confirm the diagnosis and evaluate the severity of the suspected calcaneal injury. Advised the patient to minimize weight-bearing activities and use a supportive heel cushion for temporary pain relief.

openmichigan. (2013). *Calcaneal Squeeze Test*. YouTube. https://www.youtube.com/watch?v=guaPHJKmN_I

Rockwood, C. A., Green, D. P., & Bucholz, R. W. (2010). *Rockwood & Green's fractures in adults*. Wolters Kluwer Health/Lippincott, Williams & Wilkins.

Weber, J. M., Vidt, L. G., Gehl, R. S., & Montgomery, T. (2005). Calcaneal stress fractures. *Clinics in Podiatric Medicine and Surgery*, 22(1), 45–54. <https://doi.org/10.1016/j.cpm.2004.08.004>