

Calcaneal Squeeze Test

Name	Date
Date of birth	Gender
Contact details	
Instructions	
<ol style="list-style-type: none">1. Communicate the procedure to the patient, explaining that pressure will be applied to the heel to evaluate for tenderness or pain.2. Ensure the patient understands the procedure and provides consent.3. Ask the patient to lie down or sit comfortably in a chair, with the affected foot accessible for examination.4. 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.5. Gently hold the foot in a stable position with one hand to ensure it doesn't move during the test.6. Using your other hand, apply moderate pressure to the sides of the calcaneus with your thumbs or fingers. Squeeze the calcaneus from both sides simultaneously. Apply enough pressure to compress the sides of the heel bone together gently.7. 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.8. Pain or tenderness the patient feels during the calcaneus compression may indicate a fracture or injury. Note the specific location of the pain and the intensity and nature of the discomfort reported by the patient.	
Findings	
Additional notes	