

Coleman Block Test

Patient Information

Name:

Age:

Gender:

Date of Test:

Practitioner:

Test Procedure

1. Gather a wooden block approximately 1-2 inches thick.
2. Position the patient in a standing position barefoot on a flat surface.
3. Instruct the patient to stand with the lateral (outer) side of one foot on the block, ensuring the medial (inner) side of the foot hangs freely off the edge.
4. Assess the initial stance and foot alignment, noting any visible signs of hindfoot varus deformity, forefoot pronation, or cavus foot structure.
5. Observe how the patient distributes weight while standing on the block, paying attention to any signs of discomfort or instability.

Specify Which Foot Was Tested (Left/Right):

Block Type (Specify block material and thickness):

Results:

Describe changes in heel alignment during the test.

Describe any changes in forefoot alignment during the test.

Note the patient's stability while standing on the block.

Any other notable observations:

Interpretation:

Describe the flexibility of the hindfoot.

Indicate whether the hindfoot, forefoot, or both contribute to the deformity based on test results.

Recommendations

Indicate whether additional testing or imaging is recommended.

Follow-up Check-Up

Additional Comments

Practitioner Signature: