

Foot Stress Fracture Test (Hop Test)

Name:

Date:

Instructions

1. Begin by ensuring the patient is in comfortable attire suitable for physical activity. Remove any footwear to allow for an accurate assessment of the foot's mechanics during the test.
2. Inform the patient that the hop test involves hopping on the affected foot a single time. Provide reassurance and clarify that the purpose is to assess pain response, not endurance or strength.
3. Have the patient stand comfortably on a flat, non-slip surface. They should initially be on both feet, with the option to use a steady object for balance if needed.
4. Instruct the patient to lift the non-affected foot off the ground. Then, ask the patient to hop once on the affected foot, landing softly to mitigate any potential injury.
5. Pay careful attention to the patient's ability to perform the hop and any signs of pain or discomfort. Note any hesitancy, imbalance, or inability to complete the hop, as these could indicate a stress fracture or other foot pathology.
6. If the initial hop does not provide clear results and the patient is comfortable proceeding, consider having them perform a few more hops. However, avoid excessive repetitions to prevent exacerbating any potential injury.
7. Discuss the findings with the patient. If pain was elicited during the hopping, explain that this may indicate a stress fracture or another issue requiring further investigation, such as imaging studies.

Findings

Additional Notes