

# Homan's Sign Test

Patient's Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Objective:

Homan's Sign Test aims to screen for deep vein thrombosis (DVT) in a patient. DVT is when a blood clot forms in the deep veins, most commonly in the legs. Homan's Sign Test is a physical examination technique used to identify potential DVT by assessing pain in the calf when the foot is dorsiflexed and pressure is applied to the calf muscle.

Step	Description
1	Place the patient in a supine position with legs extended and relaxed.
2	Hold the patient's ankle and gently dorsiflex the foot (bend it towards the shin).
3	Apply pressure over the calf muscle with the other hand while dorsiflexing the foot.
4	Assess for the presence of pain in the calf during the maneuver.
5	A positive Homan's Sign is indicated by pain in the calf, which may suggest DVT.

## Notes: