

Klieger's Test

Full name: _____ Date of assessment: _____

What you need

A comfortable examination bed or chair for your patient.

Instructions

- Have your patient sit down on the bed or chair. Make sure that their knee is hanging at 90 degrees and that their ankle is relaxed.
- Position yourself at the level of the ankle that will be tested.
- Use one of your hands to stabilize their leg from behind. You will hold the leg, specifically the tibia and fibula area.
- While stabilizing the leg, you will use your other hand to hold the foot.
- Dorsiflex the foot.
- Lock the mortise of the ankle.
- Externally rotate the ankle.

If the patient feels pain when you dorsiflex the ankle and while you are externally rotating it, then the test is **positive**. Please endorse them for further examination to check the ankle and foot for other possible problems, depending on how the patient describes their pain.

If they don't feel anything, then they are negative.

Patient results

- ☐ **Positive** - They felt pain during external rotation
- ☐ **Negative** - They didn't feel pain at all

Additional comments

Clinician information

Full name:

Email address:

Signature:

Contact number:

Date signed: