

# Navicular Drop Test (NDT)

**Patient's full name:**

**Date accomplished:**

**Clinician's full name:**

## What you need:

- A non-permanent marker
- A piece of paper

## Instructions:

- Have your patient sit down first.
- Tell them to keep their legs and feet relaxed. Being relaxed should make their feet maintain an arch.
- Locate their navicular tuberosity on one foot and mark it with your non-permanent marker.
- Next, have the patient stand up without applying weight to their foot. This means that their subtalar joint is neutral.
- While the subtalar joint is neutral, measure the height of the navicular bone. This measurement is the starting position. Make sure to use a piece of paper and mark the starting position on it.
- After that, have your patient put weight on their foot.
- Measure the height of the navicular bone while they are putting weight on their foot and mark it on the piece of paper.
- Repeat all of this for the other foot.

## Left Foot:

Navicular bone height while neutral: \_\_\_\_\_ mm

Navicular bone height while weight is being applied: \_\_\_\_\_ mm

Difference: \_\_\_\_\_ mm

- Positive for Overpronation**
- Negative for Overpronation**

## Right Foot

Navicular bone height while neutral: \_\_\_\_\_ mm

Navicular bone height while weight is being applied: \_\_\_\_\_ mm

Difference: \_\_\_\_\_ mm

- Positive for Overpronation**
- Negative for Overpronation**

## Additional Comments