

# Peroneal Tendon Tear Test

Patient's Full Name:

Date Assessed:

## PATIENT INFORMATION

Medical History:

Patient's Current Symptoms:

Strenuous Activities the Patient Partakes in:

## PHYSICAL EXAMINATION

### 1. Visual inspection of the ankle/foot.

Observe the affected foot for any swelling. Also have the patient move their affected foot so you can note any popping sounds.

Findings:

**2. Palpation of the ankle/foot (especially the lateral malleolus region).**

Palpate the affected ankle/foot and observe how large the swelling is, tenderness, feel for pseudo-tumors over the peroneal tendon area, and if the cavovarus hindfoot is aligned.

Findings:

**3. Conduct provocation tests to replicate symptoms.**

Conduct the following tests:

- Apprehension/subluxation tests to assess the integrity of the tendon
- Compression test (dorsiflexion and eversion of foot/ankle) to check for pain
- Circumduction test to check for instability of the ankle/foot
- Ankle drawer testing to check for instability of the ankle/foot

Findings:

**4. Confirm the tear or a similar problem with an imaging test (X-ray or MRI should be enough).**

Findings and Diagnosis:

**NEXT STEPS**

Assessor's Full Name:

Signature:

Date Signed: