

# Plantar Fascia Rupture Test

**Patient's full name:**

**Date assessed:**

**Patient's date of birth:**

**Clinician's name:**

**Things to do:**

1. **Check the patient's medical history for any Plantar Fascia-related problems or if they've had a history of having flat feet.**

**Comments**

2. **Conduct the Windlass Test. Please write down the results of the test below.**

**Comments**

3. **Examine their affected foot for the following:**

- Tenderness in the Plantar Fascia area, especially the medial side
- Bruising in the Plantar Fascia area
- Swelling in the Plantar Fascia area
- Tightness in the calf muscle (this predisposes Plantar Fascia Rupture)

**Please tick each box after examining them.**

**Comments**

**4. Conduct an imaging test. Indicate what type of imaging test you conducted, what the results are, and what you're planning for your patient.**