

# Plantar Fascia Rupture Test

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Examiner's name: \_\_\_\_\_ Date: \_\_\_\_\_

## Medical history

Check the patient's medical history for plantar fascia-related problems or if they have flat feet.

## Windlass Test

### Part 1: Seated position (non-weight-bearing)

1. Have the patient sit on an examination table or chair with their affected leg extended.
2. Stabilize the patient's heel with one hand.
3. With the other hand, apply pressure to the base of the toes while passively dorsiflexing the patient's foot. This means pulling the toes upwards towards the shin.
4. Continue dorsiflexing until the patient reports pain or resistance is felt.
5. Lower the foot back to the starting position and repeat the procedure, this time asking the patient to actively dorsiflex their foot while you apply pressure on the base of the toes.

**Positive:** Pain provoked at the end of the range of motion.

**Negative:** No pain provoked.

### Part 2: Standing (weight bearing)

1. Have the patient stand on a stool with their metatarsal heads just off the edge, ensuring they place equal weight on both feet.
2. Passively dorsiflex the big toe until the end of the range while allowing the interphalangeal joint to flex.

**Positive:** Pain provoked at the end of the range of motion.

**Negative:** No pain provoked.

## Physical exam

Examine the affected foot for the following:

Tenderness in the plantar fascia area, especially the medial side

Swelling in the plantar fascia area

Bruising in the plantar fascia area

Tightness in the calf muscle

## Imaging

Please select which method/s were used:

MRI

Bone scanning

Ultrasound

Computed tomography

X-rays

Other (specify):

Results of imaging:

## Additional notes

## References

Bolgia, L. A., & Malone, T. R. (2004). Plantar fasciitis and the windlass mechanism: A biomechanical link to clinical practice. *Journal of Athletic Training, 39*(1), 77–82.

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