

# Silfverskiold Test

**Patient's full name:**

**Date accomplished:**

**Conductor's full name:**

## What you need:

- A comfortable examination bed for your patient
- A goniometer to measure ankle dorsiflexion

## Instructions:

- Have your patient lie down in a supine position or have them sit up straight on the examination bed. Go with what's comfortable for your patient.
- Position yourself on the patient's side where they feel ankle or foot pain. If both their ankles feel pain, you should perform this test on both.
- Extend the patient's knee.
- While the knee is extended, dorsiflex the ankle.
- Measure the ankle dorsiflexion. You can use the goniometer for that.
- Gradually bend the knee until it is in 90-degree flexion.
- While it is in flexion, dorsiflex the ankle and measure it.
- Note down the differences in range of ankle dorsiflexion while the knee is extended and while it is in flexion

## Results:

- If there is a significant difference in ankle dorsiflexion for both scenarios (knee being extended and knee being flexed 90 degrees), designate the patient as **positive**.
- If there is no significant difference, designate them as **negative**.
- If they are positive, you have to designate specifically if the soleus or gastrocnemius muscle is the one causing the potential ankle or foot problem.
- If the ankle dorsiflexion is greater with the knee extended than when the knee is flexed, that is a sign of gastrocnemius muscle contracture. This means that this muscle is tighter than the soleus muscle. If there is gastrocnemius muscle contracture, it might point to the patient having a possible ankle sprain, ankle stress fractures, or even shin splints, just to name a few conditions.
- If the ankle dorsiflexion is greater with the knee flexed than the knee extended, that is a sign of soleus muscle contracture. This means that this muscle is tighter than the gastrocnemius muscle. If there is soleus muscle contracture, it might point to the patient having plantar fasciitis, Achilles tendinopathy, or even metatarsalgia.
- If they test positive, it's best to endorse them for a comprehensive examination to confirm whatever specific ankle problem they have. If they test negative for this but are still complaining

about ankle pains, then another test might be able to determine the possible problem.

### **Left Ankle**

- **The left ankle is:**
  - Positive**
  - Negative**
  - Did not assess**
  
- **If the left ankle is positive, where is the contraction?**
  - Gastrocnemius Muscle**
  - Soleus Muscle**
  - Did not assess**

### **Right Ankle**

- **The right ankle is:**
  - Positive**
  - Negative**
  - Did not assess**
  
- **If the right ankle is positive, where is the contraction?**
  - Gastrocnemius Muscle**
  - Soleus Muscle**
  - Did not assess**

### **Additional Comments**