

# Squeeze Test

**Name:**

**Date:**

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The Squeeze Test is a physical examination maneuver that is commonly used to diagnose syndesmosis injuries, which are injuries to the ligaments that connect the tibia and fibula bones in the lower leg.

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## Instructions

1. First, ask your patient to lie down on their back with their legs straight out in front of them.
  2. Next, sit or kneel down beside their affected leg, and place one hand around their calf muscle, just below the knee.
  3. With your other hand, grasp their foot at the level of the ankle.
  4. Squeeze your hands together, compressing the lower leg.
  5. Pay close attention to your patient's reaction. If they experience pain at the level of the ankle, particularly at the anterior tibiofibular ligament, this is suggestive of a syndesmosis injury.
  6. Repeat the test on the unaffected leg to establish a baseline for comparison.
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## Reminders

- Be gentle and cautious when performing the Squeeze Test, especially if your patient is experiencing significant pain or discomfort in the affected area.
  - Always communicate with your patient throughout the test to ensure they are comfortable and informed.
  - Remember that the Squeeze Test is just one tool in diagnosing syndesmosis injuries and should be used in conjunction with other physical examination maneuvers and imaging studies to arrive at a definitive diagnosis.
  - If your patient experiences significant pain or discomfort during the test, or if you have any concerns about their condition, refer them to a physician or other healthcare provider for further evaluation.
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## Additional Notes