

Talar Tilt Test

Purpose:

Examine the ankle for injury of the Anterior Talofibular ligament and the Calcaneofibular ligament.

Test Position:

Supine or sitting

Section	Information
Patient Name:	
Date:	
Age:	
Sex:	
History of Present Illness:	
Symptoms:	
Talar Tilt Test Procedure	
1. Position	Seated with foot and ankle unsupported
2. Foot Position	Placed in 10-20 degrees of plantarflexion
3. Stabilization	Distal lower leg stabilized just proximal to the malleoli with one hand
4. Inversion	With the other hand, the hindfoot is inverted
5. Palpation	Lateral aspect of the talus palpated to assess for tilting or laxity

6. Comparison	Findings compared to the contralateral side
Findings and Interpretation	
Lateral Ligament Assessment	
Medial Ligament Assessment	
Comparison to Contralateral Side	
Recommendations	
Follow-up	