

Windlass Test

Patient's name: Margaret Anderson Age: 56 Gender: Female

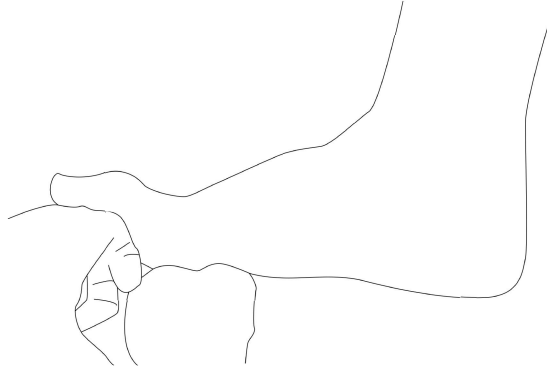
Examiner: Dr. Sarah Whitmore Date: November 7, 2024

What you need

- Examination table/bed
- Stool

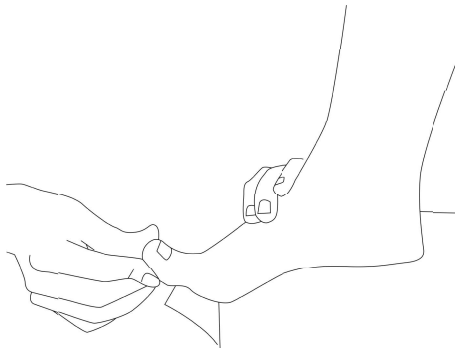
Test procedure

Non weight-bearing position



1. Have the patient lie supine on the examination table or bed with their legs straight.
2. Stabilize the ankle with one hand to keep it neutral and grasp the proximal segment of the hallux with the other hand, just behind the first metatarsal head.
3. Passively extend the metatarsophalangeal joint until end range, but let the interphalangeal joint flex to keep a short hallucis longus from affecting range of motion.

Weight-bearing position



1. Have the patient stand on a stool with the metatarsal heads of the foot to be tested just beyond the edge.
2. Instruct the patient to place weight on both feet.
3. Passively extend the first metatarsophalangeal joint until the end range, letting the interphalangeal joint flex if needed.

Results

- ☐ **Negative:** The patient does not feel pain, and the arch of the foot rises or is more pronounced during the test.
- ☒ **Positive:** Pain is reproduced in the metatarsal, arch, or heel during the test; or there is no increase in tension or there is not enough tension in the plantar fascia to lift the arch of the foot.

Additional notes

Margaret experienced pain in the arch and heel during the test, particularly in the weight-bearing position, suggesting potential plantar fasciitis. There was minimal arch lift, indicating reduced plantar fascia tension. It is recommended to explore supportive footwear and consider physical therapy to manage pain.

References

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