

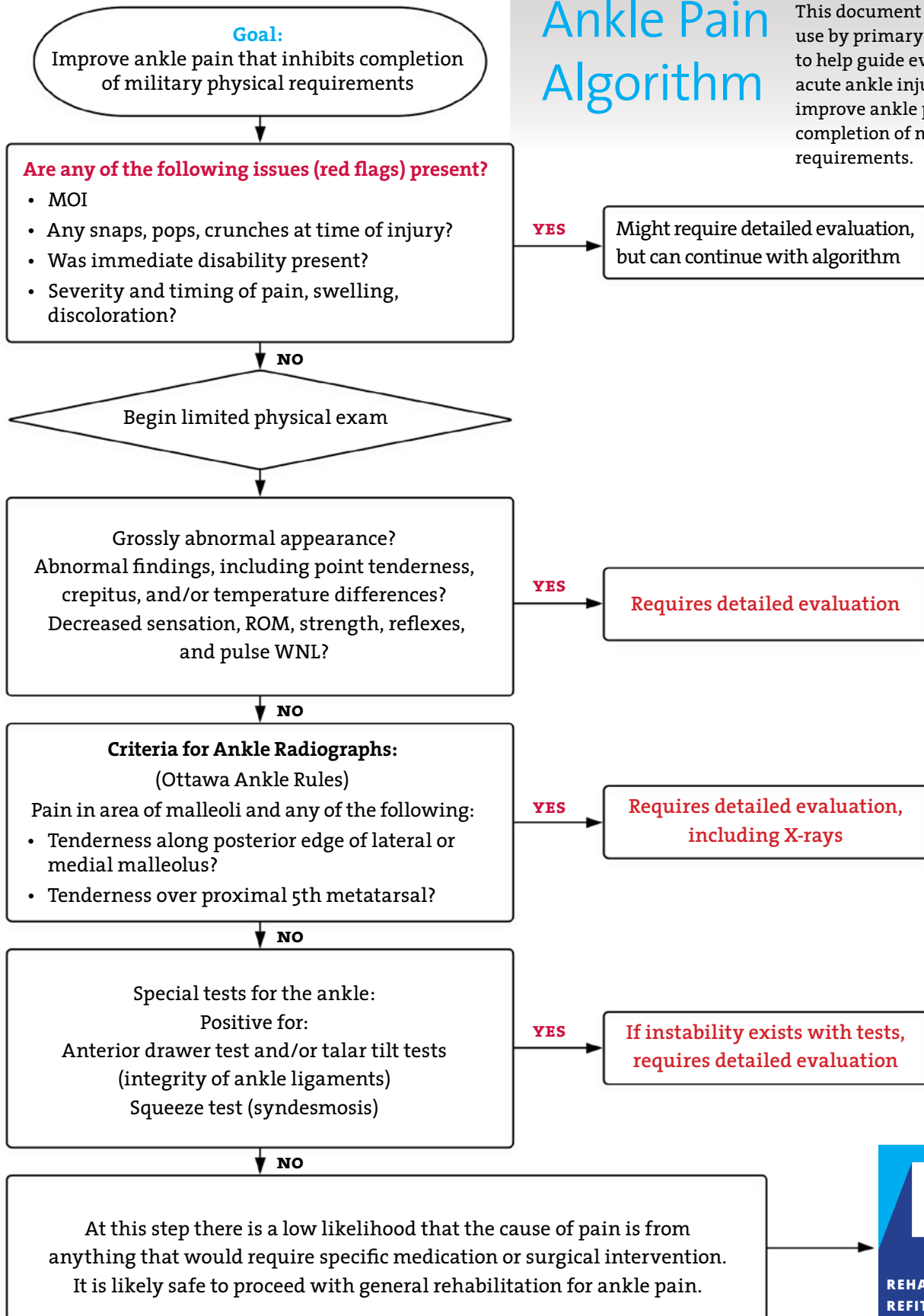


HUMAN PERFORMANCE RESOURCE CENTER

# FOR THE PROVIDER: DIAGNOSTIC ALGORITHM

## Ankle Pain Algorithm

This document is intended for use by primary care providers to help guide evaluation of an acute ankle injury. The goal is to improve ankle pain that inhibits completion of military physical requirements.



## Directions for Special Tests

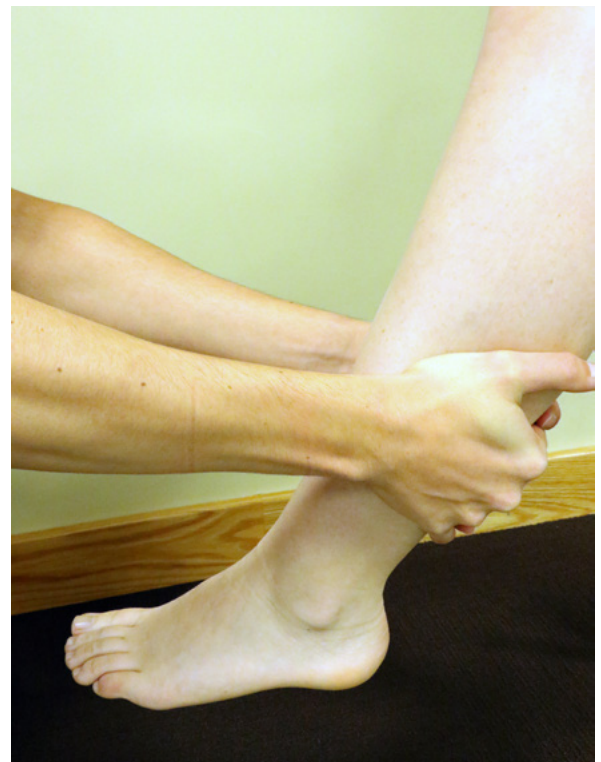
### Anterior Drawer Test

- Patient is seated with knee flexed (decrease gastrocnemius tightening).
- While providing tibial stabilization, draw the calcaneus and talus forward.
- Positive Test – Talus moves forward more than the opposite side; “clunk” as talus subluxes or relocates; talus slides anteriorly. Indicates sprain of the anterior talofibular.



### Squeeze Test

- Patient lies supine with knee extended.
- Beginning away from the injured site and progressing toward it, compress the tibia and fibula.
- Pain indicates a positive test and a possible fracture of tibia and/or fibula.



### Additional Options

1. For additional information, see: <https://www.aafp.org/afp/2012/0615/p1170.html>  
*or*
2. Consider referral to specialty care (Physical Therapy, Primary Care Sports Medicine, Orthopedic Surgery).

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**Note:** The Sports Medicine Experts at the Consortium for Health and Military Performance (CHAMP) can answer specific questions you might have through the online “Ask the Expert” feature on the Human Performance Resource Center (HPRC) website (<https://hprc-online.org/ask-the-expert>). HPRC is the educational arm of CHAMP located at the Uniformed Services University of the Health Sciences.