

# Ratschov test

The Ratschov test is a positional test associated with exertion to examine the lower limbs. We can divide it into three phases.

## In the first phase:

The patient lying on their back raising their outstretched legs to an angle of 45-60 ° with respect to the mat.

Hold the position for 30 seconds.

We evaluate the change in the color of the patch, when the limb ischemia fades.

## In the second phase:

The patient, still in the position from the first phase, performs plantar and dorsal flexion as quickly as possible.

We measure the time that elapses before the pain in the calf appears and at the same time we monitor the color of the limb (positive test). If the pain and paleness do not appear within 90 seconds, we end the test with a negative evaluation.

## In the third phase:

The patient sits on the bed and hangs his limbs over the edge.

Physiologically, the color on the insteps returns within 5 seconds, the veins on the insteps fill within 10 seconds, and the legs are uniformly red within 15 seconds.

The test cannot be used in patients with ischemic disease of the lower limbs.

## References

Ladislav. Propaedeutics of Internal Medicine-New, completely revised and supplemented edition. - edition. Grada Publishing as, 2007. 243 pp. ISBN 9788024713090 .