

# Ratschow's test

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This article has been translated from WikiSkripta; ready for the **editor's review**.

**Ratschow's test (Ratschow-Prusik's)** is a positional test associated with effort for **the examination of the lower extremities**. This is a simple clinical test to diagnose ICH DK. We can divide it into three phases.

### In the first phase:

1. The patient lying on his back raises his outstretched legs to an angle of 45-60° relative to the mat.
2. He stays in the position for 30 seconds.
3. We evaluate the change in the color of the area, in the case of limb ischemia, the area becomes pale.

### In the second phase:

1. Still in the position from the first phase, the patient performs plantar and dorsiflexion as quickly as possible.
2. We measure the time that elapses before pain appears in the calf and at the same time observe the color of the limb (positive test). If pain and pallor do not appear within 90 seconds, we end the test with a negative evaluation.

### In the third phase:

1. The patient sits on the bed and hangs the limbs over the edge.
2. Physiologically, the color on the insteps returns within 5 seconds, the veins on the insteps fill up within 10 seconds, and the legs are uniformly red within 15 seconds.

## Links

## Related Articles

- Examination of the arteries
- Allen's test
- Trendelenburg test

## References

- CHROBÁK, Ladislav. *Propedeutika vnitřního lékařství-Nové, zcela přepracované a doplněné vydání.* - edition. Grada Publishing a.s., 2007. 243 pp. ISBN 9788024713090.