

Cotton Test

Patient information

Name:

Age:

Medical history:

Clinical presentation:

Test procedure

1. Position the patient properly. Place the patient in a supine or seated position on the examination table. Ensure the affected leg is extended and relaxed.
2. Grasp the patient's lower leg securely above the ankle joint with one hand.
3. Hold the forefoot and externally rotate the foot with your opposite hand while stabilizing the lower leg.
4. Observe the patient's response during the external rotation maneuver.
5. Note any signs of discomfort, pain, or instability.

Findings documentation

Patient response

Pain or discomfort

Instability signs

Interpretation

Positive findings

Negative findings

Correlation with imaging

Treatment planning

Conservative management

Surgical intervention

Rehabilitation plan

Follow-up

Follow-up appointment:

Further evaluation