

Dial Test

Name: Luke Jones	Age: 27
Date: May 1, 2024	Examiner: Dr. Deidre Robinson
Pre-test checklist	
<input checked="" type="checkbox"/> Confirm no recent lower limb surgeries	
<input checked="" type="checkbox"/> Check for any skin conditions that might affect test accuracy or patient comfort	
<input checked="" type="checkbox"/> Ensure the examination room is free of obstacles for safe patient positioning	
Test procedure	
<ol style="list-style-type: none">1. Position the patient prone on the examination table, with the knee flexed to 30 degrees. This setup is crucial for maximizing the external rotation of the tibia.2. The examiner cups the patient's heels and maximally externally rotates the heels to induce external rotation of the tibia.3. Measure the foot-thigh angle (FTA) and compare it to the contralateral side. Note any significant differences.4. Repeat the test with the knee flexed to 90 degrees to help differentiate between PLRI and PCL tears.	
Test findings	
Initial foot-thigh angle:	
20 degrees (left), 30 degrees (right)	
Foot-thigh angle at 90 degrees:	
15 degrees (left), 25 degrees (right)	

Interpretation:

Record differences in angles between both sides. A difference of at least 10 degrees at 30 degrees knee flexion suggests PLRI; greater than 10 degrees at both 30 and 90 degrees may indicate both PLRI and PCL injuries.

The difference in angles between the left and right sides is at least 10 degrees at both 30 and 90 degrees of knee flexion, suggesting potential injuries involving both PLRI and PCL.

Note any issues with test execution, patient discomfort, or potential limitations in the test results:

Patient experienced mild discomfort during the test, which may have affected the accuracy of the measurements.

Examiner's additional notes

Recommend further imaging studies to confirm the diagnosis and assess the extent of ligamentous injuries. If you are available for the rest of the day, let's schedule one immediately so we can discuss the results; if not, I will be available next Saturday again

Healthcare professional's information

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