Dial Test

Name:	Age:
Date:	Examiner:
Pre-test checklist	
 □ Confirm no recent lower limb surgeries □ Check for any skin conditions that might affect test accuracy or patient comfort □ Ensure the examination room is free of obstacles for safe patient positioning 	
Test procedure	
 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. The examiner cups the patient's heels and maximally externally rotates the heels to induce external rotation of the tibia. Measure the foot-thigh angle (FTA) and compare it to the contralateral side. Note any significant differences. Repeat the test with the knee flexed to 90 degrees to help differentiate between PLRI and PCL tears. 	
Test findings	
Initial foot-thigh angle:	
Foot-thigh angle at 90 degrees:	

Interpretation:	
Record differences in angles between both sides. A knee flexion suggests PLRI; greater than 10 degrees PLRI and PCL injuries.	difference of at least 10 degrees at 30 degrees is at both 30 and 90 degrees may indicate both
Note any issues with test execution, patient discomfort, or potential limitations in the test results:	
Examiner's additional notes	
Healthcare professional's information	
Name:	
License Number:	Phone Number:
Email:	Name of Practice: