

## KNEE WORKSHEET

Record your findings. Circle the findings that fall outside of normal parameters.

			ACTIVE RANGE OF MOTION	
			LEFT	RIGHT
	ACTIVE MOVEMENT	NORMAL	FINDINGS	FINDINGS
<b>1.</b>	<b>FLEXION OF THE KNEE</b> Semimembranosus Semitendinosus Biceps femoris Popliteus Gracilis Sartorius Gastrocnemius Plantaris	<b>135°</b>		
		<b>PAINLESS</b>		
<b>2.</b>	<b>EXTENSION OF THE KNEE</b> Vastus medialis Vastus intermedius Vastus lateralis Rectus femoris TFL/ITB	<b>0° to -15°</b>		
		<b>PAINLESS</b>		
<b>3.</b>	<b>MEDIAL ROTATION OF THE TIBIA ON THE FEMUR</b> Popliteus Sartorius Gracilis Semitendinosus Semimembranosus	<b>20°-30°</b>		
		<b>PAINLESS</b>		
<b>4.</b>	<b>LATERAL ROTATION OF THE TIBIA ON THE FEMUR</b> TFL/ITB Biceps femoris	<b>30°-40°</b>		
		<b>PAINLESS</b>		

			ACTIVE RANGE OF MOTION	
			LEFT	RIGHT
	ACTIVE MOVEMENT	NORMAL	FINDINGS	FINDINGS
5.	<b>PLANTARFLEXION</b> Gastrocnemius Plantaris Soleus Peroneus longus Peroneus brevis Tibialis posterior Flexor digitorum longus Flexor hallucis longus	50°		
		PAINLESS		
6.	<b>DORSIFLEXION</b> Tibialis anterior Extensor hallucis longus Peroneus tertius Extensor digitorum longus	20°		
		PAINLESS		
7.	<b>ABDUCTION OF THE HIP</b> Gluteus medius Gluteus minimus Tensor fascia latae Sartorius Piriformis	30°-50°		
		PAINLESS		
8.	<b>ADDUCTION OF THE HIP</b> Adductor longus Adductor brevis Adductor magnus Pectineus Gracilis Quadratus femoris	30°		
		PAINLESS		
9.	<b>EXTENSION OF THE HIP</b> Hamstrings Gluteus maximus Posterior gluteus medius Posterior adductor magnus	10°-15°		
		PAINLESS		

			PASSIVE RANGE OF MOTION	
			LEFT	RIGHT
	PASSIVE MOVEMENT	NORMAL	FINDINGS	FINDINGS
10.	<b>FLEXION OF THE KNEE</b> <i>Limitation may be due to shortness in:</i> Vastus medialis Vastus intermedius Vastus lateralis	150°-160°		
		SOFT TISSUE APPROXIMATION		
		PAINLESS		
11.	<b>EXTENSION OF THE KNEE</b> <i>Limitation may be due to shortness in:</i> Semimembranosus Semitendinosus Biceps femoris Popliteus Gracilis Sartorius Gastrocnemius Plantaris	0° to -15°		
		TISSUE STRETCH		
		PAINLESS		
12.	<b>MEDIAL ROTATION OF THE TIBIA ON THE FEMUR</b> <i>Limitation may be due to shortness in:</i> TFL/ITB Biceps femoris	20°-30°		
		TISSUE STRETCH		
		PAINLESS		
13.	<b>LATERAL ROTATION OF THE TIBIA ON THE FEMUR</b> <i>Limitation may be due to shortness in:</i> Semitendinosus Semimembranosus Popliteus Sartorius Gracilis	30°-40°		
		TISSUE STRETCH		
		PAINLESS		

			PASSIVE RANGE OF MOTION	
			LEFT	RIGHT
	PASSIVE MOVEMENT	NORMAL	FINDINGS	FINDINGS
14.	<b>PLANTARFLEXION</b> <i>Limitation may be due to shortness in:</i> Tibialis anterior Extensor hallucis longus Peroneus tertius Extensor digitorum longus	50°		
		TISSUE STRETCH		
		PAINLESS		
15.	<b>DORSIFLEXION</b> <i>Limitation may be due to shortness in:</i> Gastrocnemius Plantaris Soleus Peroneus longus Peroneus brevis Tibialis posterior Flexor digitorum longus Flexor hallucis longus	20°		
		TISSUE STRETCH		
		PAINLESS		

16.	<b>FLEXION OF THE HIP with knee extended</b> <i>Limitation may be due to shortness in:</i> Hamstrings Gluteus maximus Posterior gluteus medius Posterior adductor magnus	80°-90°		
		<b>TISSUE STRETCH</b>		
		<b>PAINLESS</b>		
17.	<b>EXTENSION OF THE HIP with knee extended</b> <i>Limitation may be due to shortness in:</i> Psoas Iliacus Rectus femoris Pectineus Anterior gluteus medius Anterior adductor magnus Tensor fascia latae Sartorius	10° to -15°		
		<b>TISSUE STRETCH</b>		
		<b>PAINLESS</b>		

			PASSIVE RANGE OF MOTION	
			LEFT	RIGHT
	PASSIVE MOVEMENT	NORMAL	FINDINGS	FINDINGS
18.	<b>ABDUCTION OF THE HIP</b> <i>Limitation may be due to shortness in:</i> Gracilis Adductor longus Adductor brevis Adductor magnus Pectineus Quadratus femoris	30°-50°		
		TISSUE STRETCH		
		PAINLESS		
19.	<b>ADDUCTION OF THE HIP</b> <i>Limitation may be due to shortness in:</i> Gluteus medius Gluteus minimus Tensor fascia latae Sartorius Piriformis	30°		
		TISSUE STRETCH/ APPROXIMATION		
		PAINLESS		

			SCANNING TEST	
			LEFT	RIGHT
	THOMAS TEST	NORMAL	FINDINGS	FINDINGS
20.	<b>ILIOPSOAS</b>	Femur is parallel to the plane of the table to 10° below.		
21.	<b>RECTUS FEMORIS</b>	Femur is parallel to the plane of the table or up to 10° below and should permit 80°-90° of knee flexion.		
22.	<b>TENSOR FASCIA LATAE</b>	Hip joint neutral with respect to abduction, adduction and rotation.		
23.	<b>SARTORIUS</b>	Hip joint neutral with respect to abduction, adduction and rotation.		
24.	<b>ADDUCTORS</b>	Hip joint neutral with respect to adduction.		

MUSCLE LENGTH TESTS		NORMAL	LEFT	RIGHT
25.	<b>GRACILIS</b> extend knee abduct hip	<b>30°-50°</b> OF HIP ABDUCTION		
		<b>TISSUE STRETCH</b>		
		<b>PAINLESS</b>		
26.	<b>SEMIMEMBRANOSUS, SEMITENDINOSUS &amp; BICEPS FEMORIS</b> extend knee flex hip	<b>80°-90°</b> OF HIP FLEXION		
		<b>TISSUE STRETCH</b>		
		<b>PAINLESS</b>		

<b>MUSCLE LENGTH TESTS</b>		<b>NORMAL</b>	<b>LEFT</b>	<b>RIGHT</b>
<b>27.</b>	<b>SEMIMEMBRANOSUS &amp; SEMITENDINOSUS</b> extend knee laterally rotate hip flex hip	<b>80°-90°</b> OF HIP FLEXION		
		<b>TISSUE STRETCH</b>		
		<b>PAINLESS</b>		
<b>28.</b>	<b>BICEPS FEMORIS</b> extend knee medially rotate hip flex hip	<b>80°-90°</b> OF HIP FLEXION		
		<b>TISSUE STRETCH</b>		
		<b>PAINLESS</b>		
<b>29.</b>	<b>VASTUS MEDIALIS, VASTUS INTERMEDIUS &amp; VASTUS LATERALIS</b> <b>Heel to Buttock Test</b> flex hip flex knee	<b>150°-160°</b> OF KNEE FLEXION		
		<b>SOFT TISSUE APPROXIMATION</b>		
		<b>PAINLESS</b>		
<b>30.</b>	<b>RECTUS FEMORIS</b> <b>Ely's Test</b> hip neutral flex knee	<b>150°-160°</b> OF KNEE FLEXION		
		<b>TISSUE STRETCH/ APPROXIMATION</b>		
		<b>PAINLESS</b>		
<b>31.</b>	<b>POPLITEUS &amp; short head of BICEPS FEMORIS</b> hyperextend hip plantarflex ankle extend knee	<b>0° to -15°</b> OF KNEE EXTENSION		
		<b>TISSUE STRETCH</b>		
		<b>PAINLESS</b>		
<b>32.</b>	<b>GASTROCNEMIUS &amp; PLANTARIS</b> extend knee dorsiflex ankle	<b>20°</b> OF DORSIFLEXION		
		<b>TISSUE STRETCH</b>		
		<b>PAINLESS</b>		
<b>33.</b>	<b>TENSOR FASCIAE LATAE (TFL)</b> <b>Ober's Test</b> extend hip extend knee adduct hip	<b>10°</b> OF HIP ADDUCTION		
		<b>TISSUE STRETCH</b>		
		<b>PAINLESS</b>		