90-90 Hamstring Test

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Equipment

• Goniometer	• Spirit level	• Table

Instructions

1. Have the subject lie supine with head back and arms across the chest.
2. Flex the hip passively until the thigh is vertical, maintaining this position.
3. Keep the opposite leg fully extended.
4. Ensure the foot of the tested leg is relaxed.
5. Actively straighten the leg until the thigh starts moving from the vertical position.
6. Record the thigh angle at this point as the minimum angle of knee flexion.
7. Use degrees as the measurement unit.
8. If the leg can be fully straightened, record the angle as 0.
9. Any degree of flexion should be recorded as a positive number (e.g., 10, 20 degrees).
10. If full knee extension is reached without thigh movement, flex the knee and move the thigh to 30 degrees past vertical before straightening the knee again.
11. Record the angle of knee flexion when the thigh starts moving.

Findings

Knee cannot fully extend within 20 degrees of full extension

Additional Notes

For further evaluation