

90-90 Hamstring Test

Patient's full name: _____ Date: _____

Equipment needed

- Goniometer
- Spirit level
- Examination table

Test 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. This means the patient can achieve full knee extension with no problem and without any thigh movement.
9. Any degree of flexion should be recorded as a positive number (e.g., 10, 20 degrees). A number higher than 20 indicates tightness in the muscles.
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.

Test findings

☐ **Positive:** The patient experiences muscle stretch at the end field and cannot go within 20 degrees of full extension (0 degrees), indicating hamstring contracture. A higher degree of flexion indicates increased tension.

☐ **Negative:** The patient can straighten their leg within 20 degrees of full extension, indicating normal hamstring flexibility.

Additional notes

Assessor's full name: _____ Signature: _____