

# Knee To Wall Test

Name:

Date:

The Knee To Wall Test helps assess the flexibility of the ankle. It can also be used to determine if there is any tightness in the tissues around the ankle.

## Instructions for patients

1. Begin by standing upright with your feet together, approximately half an inch away from a wall.
2. Place one foot flat against the wall and slide your other foot in as close as possible to the wall without lifting your heel off the ground.
3. Bend your knee of the leg that is closest to the wall until you feel a stretch in your hip and thigh muscles.
4. Keep your back straight throughout the test and hold the position for one minute, breathing normally.
5. If you can hold the position with relative comfort for one minute, take another step closer to the wall and repeat steps 3-4.
6. When you can no longer hold the position for a minute, ask the test administrator to measure the distance from your foot to the wall. This will provide an indication of your flexibility in that area.
7. After finishing the test, take a few moments to stretch and relax your muscles.

## Reminders for test administrators

- Remind patients to maintain proper form throughout the test, keep their backs straight, and not bend forward or sideways.
- Ensure that the knee of the leg closest to the wall is fully bent, and the heel should remain on the ground.
- Advise patients to take several moments to stretch and relax after the test is completed.
- Ensure the patient's position is held for a full minute before adjusting.
- Conduct the test every three months or as needed to monitor improvement in flexibility.

## Additional notes: