

Suggested Strength Testing Positions and Device Placement



Knee Flexion

Patient: Prone
Knee: Flexed to 90 degrees
Device: Proximal to ankle



Knee Extension

Patient: Seated
Knee: Extended to 0 degrees
Device: Mid-shin



Hip Flexion

Patient: Prone
Hip: Flexed to 100 degrees
Knee: Flexed to 90 degrees
Device: Mid-thigh



Hip Extension

Patient: Prone
Hip: Extended to comfortable position
Knee: Flexed to 90 degrees
Device: Proximal to knee



Hip Abduction

Patient: Side-lying
Hip: Abducted about 15 degrees
Device: Proximal to ankle



Hip Adduction

Patient: Side-lying
Hip: Slight adduction
Device: Proximal to ankle



Hip Internal Rotation

Patient: Prone
Hip: Flexed to 100 degrees
Knee: Flexed to 90 degrees
Device: Proximal to ankle



Hip External Rotation

Patient: Prone
Hip: Extended to comfortable position
Knee: Flexed to 90 degrees
Device: Proximal to knee