



Shelbourne Knee Center
at Methodist Hospital
Specialized Care for Knee Injuries

1815 N Capitol Ave, Ste 600 Indianapolis, IN 1.888.349.5633 1.317.924.8636

K Donald Shelbourne MD
Scott E Urch MD
Physical Therapy

Evaluation of Knee Extension Following Anterior Cruciate Ligament Reconstruction. Shelbourne KD, Johnson GE: *Orthopedics* 17:205-206, 1994.

Assessing the lack of full knee extension by comparing the two extremities in a prone hanging position, as described by Sachs et al,¹ is one method we have used to evaluate knee measure the difference in heel height. Sachs et al¹ estimated that 1 cm of heel height difference equaled 1° loss of extension. The method, however, loses its effectiveness when trying to judge subtle differences of extension and hyperextension. In this article, we describe a technique utilized to assess knee extension and suggest several assistive exercises to help the patient regain extension equal to the opposite leg.