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ISOKINETIC ASSESSMENT of KNEE EXTENSION and FLEXION

Last modified: Oct 2012

- **Appropriate musculoskeletal screening**
 - Minimal 5 months post ACL reconstruction for maximal testing
 - Patient should not be limited by pain (i.e. - patello-femoral pain will produce an invalid test, as the patient cannot perform maximally)
- **General body stretching and warm-up**
 - 5 minutes on stationary bike
 - Stretch specific body parts (quadriceps, hamstrings, hip flexors, etc.)
- **Set up patient with optimal stabilization**
 - Alignment of joint and dynamometer axes of rotation
 - Verbal instruction to isokinetic exercise
 - Gravity correction when appropriate
- **Warm-up (3 submaximal, 3 maximal repetitions)**
- **Rest (30 s to 1 min)**
- **Maximal test at slow velocity (90°/sec, 5 repetitions)**
- **Rest (30 s to 1 min)**
- **Maximal test at fast velocity (180°/sec, 5 repetitions)**
- **Rest (30 s to 1 min)**
- **Multiple repetition endurance test (240°/sec, 10 repetitions)**
- **Test contralateral extremity**
- **Ensure test results are recorded**
- **Print results**
- **Review results with patient.**

A handwritten signature in purple ink, appearing to read "J. K. Lowry".

Jason K. Lowry, MD