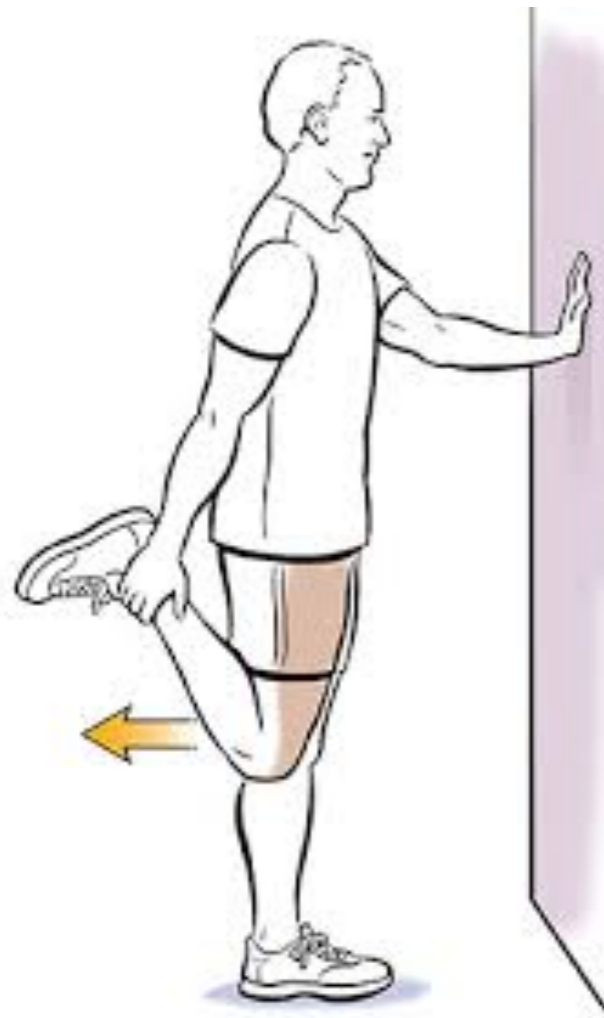


# Knee Motion



## Can you pull your leg back to touch your heel to your buttock with no pain?

The quadriceps stretch, which is also a test, offers some useful information. First you should be almost able to do this without bending your torso. Secondly both legs should have the same range of motion. If you have pain or a difference in range of motion an issue may be occurring with your knee. Talk to a medical professional about this. Normal amount of motion is 110 degrees. This motion is needed to do normal activities, such as climbing a flight of stairs. People with early degenerative arthritis lose flexion in the knee. **Do you have restricted range of motion of the knee? If you do the wellness team can help you design a program.**

**Solving problems before they happen.**



**Keeping your back straight try to bend from your waist to touch a outstretched toe. You should be able to touch or be within a few inches. Can you do this?**

The hamstring stretch offers some useful information. First you should be almost able to do this without bending your torso. Secondly both legs should have the same range of motion. If you have pain or a difference in range of motion an issue may be occurring. Very tight hamstrings can cause low back and knee issues. **Do you have restricted range of motion of the hamstring? If you do the wellness team can help you design a program.**

**Solving problems before they happen.**

# Can you move your knee cap up and down and side to side a 1/2 of an inch or more when your knee is at rest and extended?



A degree of patella mobility is important to knee health (1/2 inch), while excessive patella mobility may indicate the need for stability. If you can not do the above then you may lack patella mobility or if it is excessive then you need to increase knee stability through strengthening exercises. There is motion of the patella during knee flexion and extension, where the patella must glide south during knee flexion and north during knee extension. If either of those ranges are incomplete or uncontrolled, improving patella glide is likely warranted. **Do you have restricted range of motion of the knee? If you do the wellness team can help you design a program.**

**Solving problems before they happen.**