

PT vs. HS STUDY
POST-OP KNEE EVALUATION FORM – Physical Therapy
United States Military Academy, February 2004

Study ID: _____
 Today's Date: _____
 Physical Therapist: _____

Follow-up (circle one): 6 mo, 1 yr, 2 yr, 3 yr, 4 yr, 5 yr

1. Heel Height Difference: _____ cm

2. Range of Motion (Ext/Flex): Involved: passive ____ / ____ / ____ active ____ / ____ / ____
 Uninvolved: passive ____ / ____ / ____ active ____ / ____ / ____
hyp.ext ext. flex. hyp. ext. ext. flex.

3. Knee and Thigh Circumference

	mid-patella	10cm superior	15cm superior
Involved			
Uninvolved			

4. Hop Testing

	Uninvolved		Involved		align="center">% of uninvolved
	Trial 1	Trial 2	Trial 1	Trial 2	
Single Leg Hop for Distance					
6 meter Single Leg Hop for Time					

5. Biodex (attach printout to this form)

	Concentric QUADS @ 60°/sec (10 rep)			Concentric HS @ 60°/sec (10 rep)			Concentric QUADS @ 300°/sec (20 rep)			Concentric HS @ 300°/sec (20 rep)		
	Uninvolved	Involved	% of Uninvolved	Uninvolved	Involved	% of Uninvolved	Uninvolved	Involved	% of Uninvolved	Uninvolved	Involved	% of Uninvolved
Peak Torque (Ft Pounds)												

6. KT2000 (attach printout to this form)

	15#	20#	30# (134 Newtons)	Max
Involved (mm)				
Uninvolved (mm)				

Δ30#: _____ ΔMax: _____