

Knee Range of Motion Chart

Patient's name: _____ Age: _____ Sex: _____

Medical history				
Knee range of motion (ROM) normal values				
Movement	Female		Male	
Age 2 to 8				
Knee flexion	152.6 (151.2 – 154.0)		147.8 (146.6 – 149.0)	
Knee extension	5.4 (3.9 – 6.9)		1.6 (0.9 – 2.3)	
Age 9 - 19				
Knee flexion	142.3 (140.8 – 143.8)		142.2 (140.4 – 144.0)	
Knee extension	2.4 (1.5 – 3.3)		1.8 (0.9 – 2.7)	
Age 20–44				
Knee flexion	141.9 (140.9 – 142.9)		137.7 (136.5 – 138.9)	
Knee extension	1.6 (1.1 – 2.1)		1.0 (0.6 – 1.4)	
Age 45-69				
Knee flexion	137.8 (136.5 – 139.1)		132.9 (131.6 – 134.2)	
Knee extension	1.2 (0.7 – 1.7)		0.5 (0.1 – 0.9)	
Patient's results				
Movement	Left ROM	Remarks	Right ROM	Remarks
Flexion				
Extension				

Additional notes

Soucie, J. M., Wang, C., Forsyth, A., Funk, S., Denny, M., Roach, K. E., & Boone, D. (2010). Range of motion measurements: Reference values and a database for comparison studies. *Haemophilia*, *17*(3), 500–507. <https://doi.org/10.1111/j.1365-2516.2010.02399.x>