Functional Testing Algorithm for the Knee

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I. Introduction
A. Introduction to functional testing and an overview of where functional testing fits into the evaluation of the patient
B. Overview of a qualitative and quantitative functional testing algorithm for the knee

II. Review of the literature and what does the evidence show and how does it guide us in our clinical decision making process?

III. Sequence of Functional Testing Algorithm (FTA)

IV. Basic measurements

V. KT 1000/2000

VI. Balance testing

VII. Closed Kinetic Chain (CKC) Testing-PWB

VIII. Open Kinetic Chain (OKC) Testing

IX. Closed Kinetic Chain (CKC) Testing-FWB

X. Functional jump testing

XI. Functional hop testing

XII. Lower Extremity Functional Testing (LEFT)

XIII. Sports Specific testing

XIV. References
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