Lower Limb Dynamometry (~15 minutes)

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| D) **Ankle plantarflexors** Participant lying supine with the ankle in plantargrade and hips and knees extended. Dynamometer placed over the metatarsal heads on the sole of the foot. Round dyno head.  | E) **Ankle dorsiflexors** Participant lying supine with the ankle relaxed and hips and knees extended.Dynamometer placed over the metatarsal heads on the dorsum of the foot. Round dyno head.  | F) **Hip abductors** Participant lying supine and hips and knees extended. Dynamometer placed on the lateral aspect of the shank, proximal to the ankle joint. Round dyno head.  |  G) **Hip adductors** Participant lying supine and hips and knees extended. Dynamometer placed on the medial aspect of the shank, proximal to the ankle joint. Round dyno head. |
| A) Right leg: | B) Right leg: | C) Right leg: | D) Right leg: |
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|  H) **Hip extensors** Participant lying prone and hips and knees extended. Dynamometer placed on the posterior aspect of the shank, proximal to the ankle joint. Curved dyno head.**ENSURE PARTICIPANT DOES NOT BEND KNEE** |  A) **Hip flexors** Participant seated and hips and knees flexed at 90°. Dynamometer placed on the anterior aspect of the thigh, proximal to the knee joint.Patient’s feet shouldn’t touch the floor. Arms crossed if possible. Curved dyno head. | B) **Knee extensors** Participant seated and hip and knees flexed at 90°.Dynamometer placed on the anterior aspect of the shank, proximal to the ankle joint. Patient’s feet shouldn’t touch the floor. Arms crossed if possible. Curved dyno head. | C) **Knee flexors** Participant seated and hips and knees flexed at 90°. Dynamometer placed on the posterior aspect of the shank, proximal to the ankle joint. Patient’s feet shouldn’t touch the floor. Arms crossed if possible. Curved dyno head. |
| E) Right leg: | F) Right leg: | G) Right leg: | H) Right leg: |
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