**Evaluation of length of hamstrings: popliteal angle (bilateral)**

The patient lies in supine. The evaluated limb is flexed at the level of the hip, with flexed knee. The contralateral limb is flexed. The knee of the evaluated limb is then moved into maximum extension. The deficit until full knee extension is noted (as a negative angle: lack to full extension). The typical value for the bilateral test is -15° to -0°.

**Gastrocnemius / Soleus tightness (Silfversköld Test)**The patient lies in supine, with one knee flexed in 90°. The ankle is moved into maximal dorsiflexion. The maximal dorsiflexion angle is measured (evaluation of length of soleus). The typical value for dorsiflexion in this situation is 20 to 30 °.

Secondly, the knee is moved in full extension. At that time we can evaluate whether the length of the gastrocnemius limits the ankle motion, thereby decreasing the maximal dorsiflexion angle. The typical value for dorsiflexion in this situation is 10 to 20°