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A close-up of a logo

Description automatically generated

Knee height: Standard Operating Procedure

Equipment: Segmometer

**Procedure**

1. Remove shoes and any splints on lower legs
2. Ensure the child is sat in wheelchair with it in an upright position
3. Ensure lower leg is clear of trousers where it is possible to roll them to ensure contact of segmometer with skin
4. Ensure the knee and ankle are at right ankles to the lower leg long bones (tibia and fibia)
5. Measure from heel to anterior surface of thigh (top of the knee)
6. Repeat for both left and right leg on 1st measurement.
7. Document which side measured as the longest knee and repeat all subsequent future measurements with the same leg
8. Use Stevenson equation (1995): knee height S=(2.69 x KH) +24.2cm to estimate height. In some children it does not reflect length well, but it is still a good tool to assess linear growth of knee height. In younger children where there is less scoliosis and contractures, it can be helpful to undertake a knee height and length measurement simultaneously for comparison.