Table 1. Summary of isometric testing muscle group, joint position angle and isokinetic dynamometer set up position.

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| Muscle group | Joint position (º) | Position |
| Ankle dorsiflexion | 90° foot-tibia | Supine |
| Ankle plantarflexion | 90° foot-tibia | Supine |
| Knee extension | 60° (0° being full extension) | Seated |
| Knee flexion | 30° (0° being full extension) | Seated |
| Hip flexion | 30° | Supine |
| Hip extension | 60° | Supine |
| Hip abduction | Neutral | Side lying |
| Hip adduction | 20° | Side lying |