TABLE 21-1 Kinetics and Kinematics of the Gait Cycle at the Knee

PHASE OF THE GAIT CYCLE	RANGE OF MOTION (DEGREES)	MOMENT	MUSCLE ACTIVITY	MUSCLE CONTRACTION TYPE
Initial contact	0	Flexion	Quadriceps Hamstrings	Isometric At hip, isometric
Loading response	Flexes 0 to 15	Flexion	Quadriceps	Eccentric
Midstance	Extends to 5 flexion	Flexion moving toward extension	Quadriceps	Concentric
Terminal stance	Extends to 0	Extension	Minimal	
Preswing	Flexes to 40	Flexion	Minimal	
Initial swing	Flexes from 40 to 60		Hamstrings	Concentric
Midswing	Extends from 60 to 30		Mostly passive with some hamstrings	Eccentric
Terminal swing	Extends from 30 to 0		Hamstrings Quadriceps	Eccentric Concentric

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