

In The Name of GOD

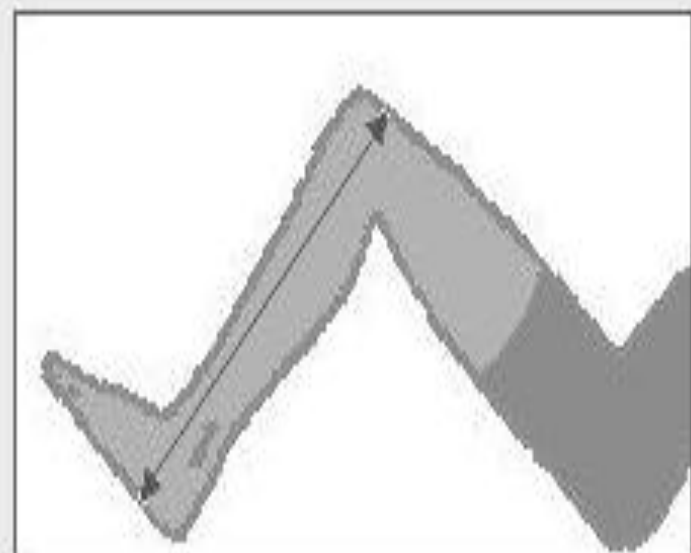
Knee height

Dr. Seyed-Amir Tabatabaeizadeh
MD, PhD Candidate in Clinical
Nutrition

Knee height

- Knee height is correlated with stature and, until recently, was the preferred method for estimating height in bedridden patients. Knee height is measured using a sliding broad-blade caliper. A device designed for this purpose is commercially available. The patient's height is then estimated using a standard formula.

Estimating height from knee height



While lying supine, both the knee and ankle of the patient are held at a 90-degree angles. One blade of a sliding Mediform caliper is placed under the heel of the foot, and the other blade is placed on the anterior surface of the thigh. The shaft of the caliper is held parallel to the long axis of the lower leg, and pressure is applied to compress the tissue. Height (in cm) is then calculated from the formula below:

Females

$$\text{Height in cm} = 84.88 - (0.24 \times \text{age}) + (1.83 \times \text{knee height})$$

Males

$$\text{Height in cm} = 64.19 - (0.04 \times \text{age}) + (2.02 \times \text{knee height})$$