

MAKING A STRAIGHT LEG (EXTENSION) ENTRY

LEG POSITION

- 1 Sit on a bed or couch with leg supported
- 2 Straighten your leg as much as you can tolerate



GOAL is fully flat (0 degrees)

PHONE POSITION



- 1 Hold the phone above your knee (perpendicular)
- 2 All 3 crosses must be in the picture.

WHAT A GOOD PHOTO LOOKS LIKE

- ✓ Leg is straight
- ✓ All 3 crosses are visible
- ✓ Camera is pointing straight down at knee

