

Return to Sport Criteria

Patient must tolerate all exercises for strengthening, agility, running, sprinting and plyometrics at 100% effort with no reports of instability, pain or signs/symptoms of inflammation.

All tests of involved extremity must be within 90% of uninvolved before returning to practice with restrictions. All tests of involved extremity must reach 100% of uninvolved before returning to competition.

Patients must be cleared by his/her physician before returning to sport.

Prior to testing, the patient should warm-up for 10-20 minutes on either a stationary bike, elliptical or treadmill followed by proper stretching.

Following stretching, the patient should practice each task at 25%, 50%, 75%, and then 100% effort. Two trials of each test will be performed with both the involved and uninvolved lower extremity.

1. 10 Rep Max single leg squat.
2. Triple broad jump, landing last jump on 1 foot.
3. Single leg zig-zag jump.
4. Single leg forward jump.
5. Single leg lateral jump.
6. Single leg medial jump.
7. Single leg rotating jump.
8. Single leg vertical jump.
9. Single leg triple jump.
10. Timed 10 meter single leg hop
11. 10 yard Lower Extremity Functional Test (Recommended goal for males: 18-22 seconds, females: 20-24 seconds)
 - Sprint/back-peddle
 - Shuffle
 - Carioca
 - Sprint
12. 10 yard Pro-agility (Recommended goal for males: 4.5-6.0 seconds, females 5.2-6.5 seconds)
 - Both directions