

## Return to Sport Testing: ACL Reconstruction

### FUNCTIONAL STRENGTH TEST RESULTS

<b>Patient Name:</b>		<b>Surgery Date:</b>	
<b>Referring Physician:</b>		<b>Test Date:</b>	

<u>Test</u>	<u>Right</u>	<u>Left</u>	<u>Percentage Involved/Uninvolved</u>
Range of Motion (°)			
Single Leg Max Press / Quadriceps Strength (lbs)			
Single Leg Hop for Distance (m or ft)			
Single Leg Triple Hop for Distance (m or ft)			
Single Leg 20-Yard Speed Hop (sec)			
Single Leg Endurance Squat (sec)			

Physical Therapist: \_\_\_\_\_ Date: \_\_\_\_\_

<u>Test</u>	<u>Right</u>	<u>Left</u>	<u>Percentage</u>
6m Timed Unilateral Hop Backward			
Cone/step hops Side-to-Side 15 sec reps			
Cone/step hops Forward/Backward Hops, 15 sec reps			
180° Hops, 15 sec reps			
Box Drop Jump to Vertical (x5)			

### FUNCTIONAL STRENGTH TESTING

<u>Test</u>	<u>Right</u>	<u>Left</u>	<u>Percentage Involved/Uninvolved</u>
Unilateral Leg Press – 5 Rep Max (lbs)			
Unilateral Hamstring Curl – 5 Rep Max (lbs)			
Y-Balance Test:	Ant:      PM: PL:	Ant:      PM: PL:	

### AGILITY

<u>Test</u>	<u>Successful</u>	<u>Unsuccessful</u>
Sprint and Backpedal x3		
Sprint Line-to-Line x3		
T-Cones Drill		
Sprint / Backpedal / Grapevine w/ Verbal Cue (45–60 sec)		

**Sport-specific drills as indicated for sports in which patient participates.**