Post-Op ACL Reconstruction Return to Sport Test

Name: _______________________________

1. 10 Single Leg Squats with weight - *Involved/Uninvolved* = ____ / ____ = ____

2. Single broad jump, landing on one foot - *Involved/Uninvolved Distance* = ____ / ____ = ____

3. Triple broad jump, landing last jump on one foot – *Involved/Uninvolved Distance* = ____ / ____ = ____

4. Single leg triple crossover hop - *Involved/Uninvolved Distance* = ____ / ____ = ____

5. Single leg forward hop - *Involved/Uninvolved Distance* = ____ / ____ = ____

6. Single leg lateral hop - *Involved/Uninvolved Distance* = ____ / ____ = ____

7. Single leg medial hop - *Involved/Uninvolved Distance* = ____ / ____ = ____

8. Single leg medial rotating hop - *Involved/Uninvolved Distance* = ____ / ____ = ____

9. Single leg lateral rotating hop - *Involved/Uninvolved Distance* = ____ / ____ = ____

10. Single leg vertical hop - *Involved/Uninvolved Height* = ____ / ____ = ____

11. Single leg triple hop - *Involved/Uninvolved Distance* = ____ / ____ = ____

12. Timed 6-meter single leg hop - *Involved/Uninvolved Time* = ____ / ____ = ____

13. 10 yard Lower Extremity Functional Test
   - Sprint/back-peddle, Shuffle, Carioca, Sprint
   - Recommended goal for males: 18-22 seconds; females: 20-24 seconds

14. 10 yard Pro-agility Run
   - Both directions
   - Recommended goal for males: 4.5-6.0 seconds; females: 5.2-6.5 seconds

**Criteria to Return to Practice:**

1. MD clearance
2. Pass Return to Sport Test with ≥90% results for each test.

**Criteria to Return to Competition:**

1. MD clearance
2. Tolerate full practice sessions with opposition and contact (if applicable) performed at 100% effort without any increased pain, signs and symptoms of inflammation, increased effusion, or episodes of giving way.