ACL return to play checklist

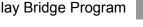
name:			DOB:	MRN:	
DOI:	DOS:		# weeks post-op:	involved	l side:
doctor:		school: _		sport:	
determine your readin		and identify	omic and neuromuscula areas of weakness thans.		
knee stability					
Lachman:	Pivot shift:		Patella:		
physician notes:					
strength test					
Biodex:	Manual:		Tester:		
Goal: <10% deficit on	involved side				
results:				_ N	eeds attention
functional tests			tester:		
Jump analysis (goal: >	> 60% knee separation	ı)		N	eeds attention
Hop test (goal: <15%	deficit on involved side	e)		N	eeds attention
Single leg squat (goal	: no valgus/pelvic tilt) _			N	eeds attention



functional tests (continued)

Vertical jump (goal: > 14 inches) Needs attention Core strength: (goal: >70 percentile or 38 curl-ups/min) Needs attention Cutting drill (goal: no trunk/hip/knee deviation) Needs attention

Completed return to play Bridge Program



recommendations:

OK to return to sport (physician clearance required) Running program Endurance program Bridge program Gradual return to sport (requires repeat exam)

Strength program

Agility program

