

ACL return to play checklist

name: _____ DOB: _____ MRN: _____

DOI: _____ DOS: _____ # weeks post-op: _____ involved side: _____

doctor: _____ school: _____ sport: _____

The ACL return to play checklist measures several anatomic and neuromuscular factors. The goal of the test is to determine your readiness to return to sports and identify areas of weakness that need more attention. Your test may consist of some or all of the below evaluations/exams.

knee stability

Lachman: _____ Pivot shift: _____ Patella: _____

physician notes: _____

strength test

Biodex: _____ Manual: _____ Tester: _____

Goal: <10% deficit on involved side

results: _____

Needs attention

functional tests

tester: _____

Jump analysis (goal: > 60% knee separation) _____

Needs attention

Hop test (goal: <15% deficit on involved side) _____

Needs attention

Single leg squat (goal: no valgus/pelvic tilt) _____

Needs 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

