

Name: \_\_\_\_\_

Time of Testing: \_\_\_\_\_

| Outcome Measure                 | Test Description                                                                                                                                                                                                                | Goal        | Left | Right | Ratio % |
|---------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|------|-------|---------|
| Range of Motion                 | -5 to 135+<br>Normal knee extension by week 4, flexion by week 8                                                                                                                                                                | 100%        |      |       |         |
| Lower Extremity Girth           | 15-20 cm below patella<br>15-20 cm above patella                                                                                                                                                                                | >95%        |      |       |         |
| Dynamometer Strength: Quad      | 1.Seated, fix torso/pelvis<br>2. Hip and knee flexed to 90° and/or 60°<br>3. Dynamometer attached to stable surface<br>4. Patient extends knee with max force x5 seconds<br>5. Recommended to take 3 trial average              | >90%        |      |       |         |
| Knee Extension Torque           | Weight normalized isometric knee extension torque ranges from approximately 2.0-3.5 Nm/kg in adult males and 1.4-2.7 Nm/kg in adult females. We want excellence and high performance but there will be variance in scores here. | >2.4 N m/kg |      |       |         |
| Dynamometer Strength: Hamstring | 1.Seated, fix torso/pelvis<br>2. Hip and knee flexed to 90° and/or 60°<br>3. Dynamometer attached to stable surface<br>4. Patient flexes knee with max force x5 seconds<br>5. Recommended to take 3 trial average               | >90%        |      |       |         |
| Knee Flexion Torque             | Weight normalized flexion torque ranges from approximately 0.9-1.6 Nm/kg in males and 0.5-1.5 Nm/kg in females. We want excellence and high performance but there will be variance in scores here.                              | >1.5 N m/kg |      |       |         |
| Single Leg Squat Test           | 70° knee angle, maximum reps in 30 seconds with no knee valgus                                                                                                                                                                  | >90%        |      |       |         |
| Anterior Y Balance Reach        | Hands on hips, single leg stance; max forward reach without losing balance or heel lifting; must return to start after rep                                                                                                      | <4 cm diff  |      |       |         |
| Single Hop Test                 | Max forward hop off one leg, landing on same leg; landing has to be held for 3 sec without loss of balance; measure to heel; also a guage of subjective quality/confidence                                                      | >90%        |      |       |         |

| Outcome Measure                             | Test Description                                                                                                                                                                                                                                                                                                                                                                                             | Goal                          | Left                                                | Right | Ratio % |
|---------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|-----------------------------------------------------|-------|---------|
| Triple Hop                                  | Max forward 3 consecutive hops off one leg, landing on same leg; landing has to be held for 3 sec without loss of balance; measure to heel; also a good guage of subjective quality/confidence                                                                                                                                                                                                               | >90%                          |                                                     |       |         |
| Triple Crossover Hop                        | Max forward 3 consecutive hops off one leg, landing on same leg, crossing tape measure with ea hop; landing has to be held for 3 sec without loss of balance; measure to heel; also a good guage of subjective quality/confidence                                                                                                                                                                            | >90%                          |                                                     |       |         |
| T-Test                                      | Sprint forward 10yd, shuffle left 5yd, shuffle right 10yd, shuffle back left 5yd, backpedal 10yd                                                                                                                                                                                                                                                                                                             | M<9.5s<br>F<10.5s             |                                                     |       |         |
| Force Plate Countermovement Jump            | <10% asymmetry impulse during propulsion<br>>90% BW unweighting during unweighting phase<br>> 1.2 m/s peak negative velocity during braking<br>Reactive Sport Index >.4 m/s                                                                                                                                                                                                                                  |                               |                                                     |       |         |
| Force Plate Single Leg Countermovement Jump | <10% asymmetry impulse during propulsion<br>>0.6 m/s peak negative velocity during breaking<br><10% asymmetry in jump height<br><10% asymmetry in RSI                                                                                                                                                                                                                                                        |                               |                                                     |       |         |
| Vail Lateral Agility                        | <ol style="list-style-type: none"> <li>Place light band around athlete torso</li> <li>Athlete steps out until band is taught</li> <li>Put a cone/piece of tape at the outside of their involved foot (should be the one closest to band)</li> <li>Measure length from the greater trochanter to the floor</li> <li>Place a second cone/piece of tape that distance laterally from the first cone.</li> </ol> | >12/15 for the 90 second test | First 30: __/5<br>Second 30: __/5<br>Third 30: __/5 |       |         |
| IKDC                                        | International Knee Documentation Committee - gold standard outcome for ACLR                                                                                                                                                                                                                                                                                                                                  | >90%                          |                                                     |       |         |
| ACL - RSI                                   | Physchological readiness for return to sport                                                                                                                                                                                                                                                                                                                                                                 | >72 points                    |                                                     |       |         |

