

Name: _____

Time of Testing: _____

Outcome Measure	Week(s) Testing	Test Description	Goal	Left	Right	Ratio %	PASS
Range of Motion	Full by week 6	-5 to 125+ Ideal to be symmetrical to opposite LE	100%				☐
Quad Girth	12, 16, 24, 32, 36+	15-20 cm below patella 15-20 cm above patella	>95%				☐
Dynamometer Strength: Quad	12, 24, 32, 36+	1. Seated, fix torso/pelvis 2. Hip and knee flexed to 90° 3. Dynamometer attached to stable surface 4. Patient extends knee with max force x5 seconds	>90%				☐
Dynamometer Strength: Hamstring	12, 24, 32, 36+	1. Seated, fix torso/pelvis 2. Hip and knee flexed to 90° 3. Dynamometer attached to stable surface 4. Patient flexes knee with max force x5 seconds	>90%				☐
Single Leg Squat Test	12, 24, 32, 36+	20" Box Height; Max reps with no valgus in 30 seconds	>90% >11 reps				☐
Anterior Y Balance Reach	12, 24, 32, 36+	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	24, 32, 36+	Max forward hop off one leg, landing on same leg; landing has to be held for 3 sec without loss of balance; measure to toe	>90%				☐
Triple Hop Test	28, 32, 36+	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 toe	>90%				☐

Outcome Measure	Week(s) Testing	Test Description	Goal	Left	Right	Ratio %	PASS
Triple Crossover Hop	28, 32, 36+	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 toe	>90%				☐
T-Test	28, 32, 36+	Sprint forward 10yd, shuffle left 5yd, shuffle right 10yd, shuffle back left 5yd, backpedal 10yd	M<9.5s F<10.5s				☐
IKDC	28, 32, 36+	International Knee Documentation Committee - gold standard outcome for ACLR orthotoolkit.com/ikdc/	>90%				☐
Tampe Kinesiophobia Index	28, 32, 36+	Assesses fear of movement https://orthotoolkit.com/tampa-scale/	<37				☐
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ADDITIONAL FINDINGS/ COMMENTS:/ ASSESSMENT:

