



SPORTS TEST II

(6 Months Post: ACL, MCL, PCL, PLC, Patellofemoral Ligament Reconstruction, Brostrum)

Warm Up Jog on Trampoline 5 minutes or Stationary Bike 10 minutes

Single Leg Balance Eyes Closed: *Allow patient to establish single leg balance. When they close their eyes start timing. Goal is 30 seconds without any "hops".*

R Leg: _____

L Leg: _____

Single Leg Forward Step Downs: *Patient steps down from 8" step 10 times in 1 minute with good form.*

R Leg: _____

L Leg: _____

Double Leg Jump Down: *Patient jumps down from box of 12" height with good form 3 times.*

1. Knee/Hip Alignment: _____

2. Knee/Hip Alignment: _____

3. Knee/Hip Alignment: _____

Single Leg Broad Jump: *Patient takes off and lands with same leg and sticks the landing for 3 seconds. Measure distance from toe to heel. Goal is 75% of non-surgical leg.*

R Leg: 1. _____ 2. _____ 3. _____

L Leg: 1. _____ 2. _____ 3. _____

Agility Step Drills: *Repetitions counted in 30 second bouts of activity.*

1. **Toe Taps:** Trial 1: _____ Trial 2: _____

2. **Lateral Step Over:** Trial 1: _____ Trial 2: _____

3. **Split Jump:** Trial 1: _____ Trial 2: _____

Treadmill Running Analysis:

Strength Assessment: *Should be 5/5 on all*

Gluteus Maximus: R: ____/5 L: ____/5

Gluteus Medius: R: ____/5 L: ____/5

Medial Hamstring: R: ____/5 L: ____/5

Lateral Hamstring: R: ____/5 L: ____/5

Quadriceps: R: ____/5 L: ____/5

Abdominals: *Start hook-lying with hands by sides. Measure 12cm from fingertips. Attempt to reach 12cm mark. (Goal 20 reps/60 sec)* _____

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