

UPMC Centers for Rehab Services

Post-Op ACL Reconstruction Return to Sport Test

1. 10 Single Leg Squats with weight - *Involved/Uninvolved* = ____ / ____ = ____
2. Single broad jump, landing on one foot - *Involved/Uninvolved Distance* = ____ / ____ = ____
3. Triple broad jump, landing last jump on one foot -
Involved/Uninvolved Distance = ____ / ____ = ____
4. Single leg triple crossover hop - *Involved/Uninvolved Distance* = ____ / ____ = ____
5. Single leg forward hop - *Involved/Uninvolved Distance* = ____ / ____ = ____
6. Single leg lateral hop - *Involved/Uninvolved Distance* = ____ / ____ = ____
7. Single leg medial hop - *Involved/Uninvolved Distance* = ____ / ____ = ____
8. Single leg medial rotating hop - *Involved/Uninvolved Distance* = ____ / ____ = ____
9. Single leg lateral rotating hop - *Involved/Uninvolved Distance* = ____ / ____ = ____
10. Single leg vertical hop - *Involved/Uninvolved Height* = ____ / ____ = ____
11. Single leg triple hop - *Involved/Uninvolved Distance* = ____ / ____ = ____
12. Timed 6-meter single leg hop - *Involved/Uninvolved Time* = ____ / ____ = ____
13. 10 yard Lower Extremity Functional Test
 - Sprint/back-peddle, Shuffle, Carioca, Sprint
 - Recommended goal for males: 18-22 seconds; females: 20-24 seconds
14. 10 yard Pro-agility Run
 - Both directions
 - Recommended goal for males: 4.5-6.0 seconds; females: 5.2-6.5 seconds

Criteria to Return to Practice:

1. MD clearance
2. Pass Return to Sport Test with $\geq 90\%$ results for each test.

Criteria to Return to Competition:

1. MD clearance
2. Tolerate full practice sessions with opposition and contact (if applicable) performed at 100% effort without any increased pain, signs and symptoms of inflammation, increased effusion, or episodes of giving way.