

Dr. Hazelwood ACL Return to Sport Functional Testing

Functional testing after ACL reconstruction is usually done with your physical therapist as one of our tools designed to assess your readiness to return to sport without restrictions. While these tests have been validated by the literature and are commonly used by physicians, athletic trainers and physical therapists to determine amateur and professional athletes readiness to return to sport, they are not the only way we determine return to sport readiness. In addition to functional testing, we also evaluate strength, ligament stability by physical examination and psychological readiness. In general we would like to see the athlete achieve scores around 90% of the nonsurgical leg before returning to sport.

FUNCTIONAL HOP TESTING

Name:

Date:

Involved Side:

1. Single Leg Hop for Distance (Jump with one leg, land on two)

Left Leg: Trial 1: _____ Trial 2: _____ Average _____ in.

Right Leg: Trial 1: _____ Trial 2: _____ Average _____ in.

% _____

2. Timed Hop for Distance of 20 yards (One leg)

Left Leg: Trial 1: _____ Trial 2: _____ Average _____ in.

Right Leg: Trial 1: _____ Trial 2: _____ Average _____ in.

% _____

3. Triple Hop for Distance (One leg, last hop land on two)

Left Leg: Trial 1: _____ Trial 2: _____ Average _____ in.

Right Leg: Trial 1: _____ Trial 2: _____ Average _____ in.

% _____

4. Crossover Hop for Distance (One leg)

Left Leg: Trial 1: _____ Trial 2: _____ Average _____ in.

Right Leg: Trial 1: _____ Trial 2: _____ Average _____ in.

% _____

Notes/Comments: