

ACL Reconstruction - Return to Sport Exercises

Patient must tolerate all exercises for strengthening, agility, running, sprinting and plyometrics with no demonstration of compensation strategies, reports of pain or instability, or signs/symptoms of inflammation.

All testing items on the involved side must be within 90% of the uninvolved to pass the test. Balance must be held for at least 2 seconds without any extra hops.

Single Leg Forward Hop:

Starting at a designated line, the patient will balance on one leg and hop forward as far as possible, landing on the same leg. The patient must maintain their balance. To pass, the involved leg must measure at least 90% of the distance compared to the uninvolved leg.

Timed 6-meter Single Leg Hop:

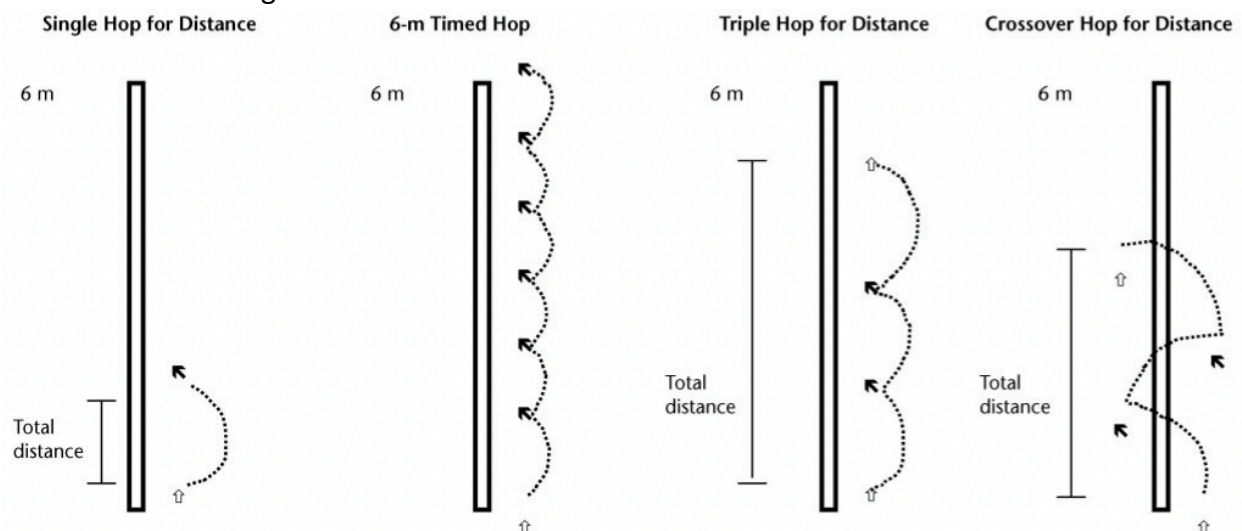
Starting at a designated line, the patient will balance on one leg and hop as fast as they can consecutively a distance of 6 meters. To pass, the involved leg must hop 6 meters in at least 90% of the time compared to the uninvolved leg. (6 meters = 19.7 feet)

Single Leg Triple Hop

Starting at a designated line, the patient will balance on one leg and hop forward three times consecutively as far as possible, landing on the same leg. The patient must maintain their balance on the last hop. To pass, the involved leg must measure at least 90% of the distance compared to the uninvolved leg.

Single Leg Triple Crossover Hop

Starting at a designated line, the patient will balance on one leg and hop medially at a 45° angle as far as possible, immediately hop laterally at a 45° angle, and then immediately hop medially again at a 45° angle, landing on the same leg. The patient must maintain their balance on the last hop. To pass, the involved leg must measure at least 90% of the distance forward compared to the uninvolved leg.



FMS™ Protocol

The FMS™ composed of seven tasks used to assess overall functional movement: deep squat, hurdle step, in-line lunge, shoulder mobility, active straight leg raise, trunk stability-pushup, and rotary stability. Each task is scored from 0 to 3, with a maximal total score of 21. A score of 3 indicates a subject performed the task precisely as described, 2 indicates evidence of compensation, and 1 indicates that the task could not be performed according to the standardized testing criteria. A score of 0 indicates pain associated with the task.

10 Yard Pro-Agility Run

The patient will start straddling line A and will turn and sprint five yards to line B. Then the patient will sprint ten yards to line C. Finally, the patient will sprint five yards through line A. The patient must make sure to touch each line with his/her hand. The administrator will measure the time it takes to patient to complete the test. This test will be completed in reverse order (A to C to B to A) to make sure the patient is planting with both the involved and uninvolved foot. (Males ≤ 4.5 -5.5 seconds; Females ≤ 5.5 -6.5 seconds) See diagram.

