

UPMC Sports Medicine

Post-Operative ACL Reconstruction Functional Screening Test

Name: _____

Date: _____

Group A Tests – Clearance to Begin Running

1. 30 Step and Holds – *PASS* _____ *FAIL* _____
2. 10 Single Leg Squats – *PASS* _____ *FAIL* _____
3. 1-Repetition Maximum on Leg Press – *Involved/Uninvolved* = _____ / _____ = _____
4. 15 minutes of fast treadmill walking – *PASS* _____ *FAIL* _____

Recommend the patient begin jogging on the treadmill if they achieve:

- 30 Step and Holds without loss of balance or excessive motion outside of the sagittal plane
- 10 consecutive Single Leg Squats to 45° of knee flexion without loss of balance or excessive motion outside of the sagittal plane
- $\geq 70\%$ 1-RM on the Leg Press
- No abnormal gait patterns while walking as fast as they can on the treadmill

Group A Test Summary: **PASS** **FAIL**

Rationale for failure:

Group B Tests – Clearance to Begin Agility Drills

1. 1-Rep Max on the Leg Press - *Involved/Uninvolved* = _____ / _____ = _____
2. 10 Single Leg Squats with weight - *Involved/Uninvolved* = _____ / _____ = _____
3. Run 1 mile on treadmill – *PASS* _____ *FAIL* _____

Recommend the patient start low-level agility drills if they achieve:

- 1-Rep Max on the Leg Press $\geq 85\%$
- 10 consecutive Single Leg Squats to 45° of knee flexion without loss of balance or excessive motion outside of the sagittal plane while holding $\geq 75\%$ extra weight (dumbbells, weight vest, etc.)
- Normal running pattern on the treadmill without complaints of pain

Group B Test Summary: **PASS** **FAIL**

Rationale for failure:

Group C Tests – Clearance to Begin Jumping

1. 10-RM on Leg Press - *Involved/Uninvolved* = ____ / ____ = ____
2. 10 Single Leg Squats with weight - *Involved/Uninvolved* = ____ / ____ = ____
3. Assess lateral shuffling, forward/backward shuttle run, and carioca – PASS ____ FAIL ____

Recommend the patient start jumping if they achieve:

- 10-Rep Max on the Leg Press was $\geq 85\%$
- 10 consecutive Single Leg Squats to 60° without loss of balance or excessive motion outside of the sagittal plane while holding $\geq 85\%$ extra weight (dumbbells, weight vest, etc.)
- No compensation patterns with deceleration during agility drills performed at 100% effort

Group C Test Summary: PASS FAIL

Rationale for failure:

Group D Tests – Clearance to Begin Hopping and Cutting

1. 10-RM on Leg Press - *Involved/Uninvolved* = ____ / ____ = ____
2. 10 Single Leg Squats with weight - *Involved/Uninvolved* = ____ / ____ = ____
3. Assess forward, lateral, and rotational jumps – PASS ____ FAIL ____

Recommend the patient begin hopping and cutting if they achieve:

- 10-Rep Max on the Leg Press was $\geq 90\%$
- 10 consecutive Single Leg Squats to 60° without loss of balance or excessive motion outside of the sagittal plane while holding $\geq 90\%$ extra weight (dumbbells, weight vest, etc.)
- No display of genu valgum when loading into or landing from jumps, and equal weight distribution when initiating and landing the jumps

Group D Test Summary: PASS FAIL

Rationale for failure:

Proceed to the Return to Sport Test when the patient:

- Achieves $\geq 90\%$ on all strength assessments
- Displays a normal running pattern that does not increase pain
- Has practiced and displays no hesitation or compensation strategies during agility drills (particularly when decelerating) when performed at 100% effort
- Has practiced and displays normal loading (no genu valgum) and soft, athletic landings from all jumps and hops
- Has practiced and displays no hesitation or compensation strategies during cutting drills (particularly when decelerating) when performed at 100% effort