

# Return to Sport & Discharge

## GUIDELINE

REAHB SERVICES



### Purpose:

Provider will cross out the tests that apply to your individual case.

TEST	RETURN TO SPORT: INCREASED RISK OF INJURY	RETURN TO SPORT: NORMAL RISK OF INJURY AND/OR DC CRITERIA
ROM	Normal Joint Range of Motion	Normal Joint Range of Motion
Pain	No pain with current activity level including rehabilitation activities	No pain with current activity level including rehabilitation activities
Selective Functional Movement Assessment	No painful patterns	No painful patterns
Functional Movement Screen	No 0's (pain) or 1's	No 0's (pain) or 1's
Y Balance Test <ul style="list-style-type: none"><li>Lower Quarter</li><li>Upper Quarter</li></ul>	<ul style="list-style-type: none"><li>Symmetrical in all reach directions</li><li>Composite Score above injury risk threshold for peers</li><li>Dorsiflexion =&gt; 40 degrees and within 5 degrees side to side</li></ul>	No asymmetry – composite score optimal
Hop Testing: <ul style="list-style-type: none"><li>Single</li><li>Triple</li><li>Triple Crossover</li><li>Hop &amp; Stop</li></ul>	90% Limb Symmetry	95-97% Limb Symmetry
Strength: <ul style="list-style-type: none"><li>Manual Testing</li><li>Optional: Isokinetic Testing (Biodex Strength Test – out of town)</li></ul>	Limb Symmetry 90%	<ul style="list-style-type: none"><li>Limb Symmetry 95%</li><li>Normal Hamstring/Quadriceps Ratios</li><li>Normal knee extensor torque-body weight ratio</li></ul>
Truck Jump Assessment	Normal	Normal
Drop Jump (Bilateral & Unilateral)	Normal	Normal
Psychological Readiness	TSK – 11 < 19	TSK – 11 < 19

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SANE Score		>92.5%
Completion of graded sport-specific progression without pain or compensation (i.e. running, deceleration control in all 3 planes, cutting & performing sport-specific maneuvers)	Pain free	Pain free

\*\*\* Once Return to Sport testing is passed, testing needs to be repeated under fatigue conditions and must pass using the same standards.