

# Return to Sport & Discharge Lower Extremity

GUIDELINE

REHAB 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
<b>ROM</b>	Normal Joint Range of Motion	Normal Joint Range of Motion
<b>Pain</b>	No pain with current activity level including rehabilitation activities	No pain with current activity level including rehabilitation activities
<b>Selective Functional Movement Assessment</b>	No painful patterns	No painful patterns
<b>Y Balance Test</b> • Lower Quarter	<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 within 5 degrees side to side</li> </ul>	No asymmetry – composite score optimal
<b>Hop Testing:</b> • Single • Triple • Triple Crossover • Hop & Stop • SL Vertical Jump	90% Limb Symmetry	95-97% Limb Symmetry
<b>Strength:</b> • Handheld Dynamometry • Optional: Isokinetic Testing (Biodex Strength Test – out of town)	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>
<b>Truck Jump Assessment</b>	Normal	Normal
<b>Drop Jump (Bilateral &amp; Unilateral)</b>	Normal >90% Limb Symmetry on Force Plate testing	Normal >95% Limb Symmetry on Force Plate testing
<b>Psychological Readiness</b>	TSK – 11 < 19 ACL-RSI (if applicable): >80%	TSK – 11 < 19 ACL-RSI (if applicable): >90%

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	ALR-RSI (if applicable): >80%	ALR-RSI (if applicable): >90%
<b>SANE Score</b>		>92.5%
<b>Completion of graded sport-specific progression without pain or compensation</b> (i.e. running, deceleration control in all 3 planes, cutting & performing sport-specific maneuvers)	Pain free Pro-Agility Test: no observable asymmetries T-Test: no observable asymmetries	Pain free Pro-Agility Test: no observable asymmetries T-Test: no observable asymmetries

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