

# Return to Sport & Discharge Upper 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 & Pain free	Normal Joint Range of Motion & Pain free
<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> • Upper Quarter	<ul style="list-style-type: none"> <li>Symmetrical in all reach directions: less than 4cm asymmetry</li> <li>Composite Score above injury risk threshold for peers</li> </ul>	No asymmetry – Composite score optimal
<b>U/E &amp; Trunk Endurance</b>	Prone Bridge (60 seconds); lateral trunk endurance test (30 seconds)	Prone Bridge (60 seconds); lateral trunk endurance test (30 seconds)
<b>Strength</b>	<p>Handheld dynamometry strength and grip strength within 10% of contralateral side</p> <p>Timed Pushup Test (60 seconds): &gt;19 males; &gt;12 females</p> <p>Assess strength in non-standardized position in addition to standardized for sport-specific accommodations</p>	<ul style="list-style-type: none"> <li>Handheld dynamometry strength and grip strength within 5% of contralateral side</li> <li>Overhead grip stronger than at side</li> <li>Timed Pushup Test (60 seconds): &gt;24 males; &gt;16 females</li> </ul> <p>Assess strength in non-standardized position in addition to standardized for sport-specific accommodations</p>
<b>Isokinetic Strength Testing</b>	Limb Symmetry >90%	<ul style="list-style-type: none"> <li>Limb Symmetry &gt;90%</li> <li>Unilateral ER/IR strength ratio 66% and closer to 75% for overhead athletes</li> </ul>
<b>Consider Sport-Specific ROM Risk Factors</b>		<ul style="list-style-type: none"> <li>Pitchers: Less than 5° loss/asymmetry in shoulder flexion, external rotation, and total arc</li> </ul>

# Return to Sport & Discharge Upper Extremity

GUIDELINE

REHAB SERVICES



		<ul style="list-style-type: none"> <li>• Glenohumeral IR Deficit (GIRD): &lt;15°</li> </ul>
<b>Seated Medicine Ball Throw</b>		Consider Sport specific norms
<b>Seated Unilateral Medicine Ball Shot Put Test</b>	Within 10% of contralateral side	Within 5% of contralateral side
<b>Closed Kinetic Chain U/E Stability Test</b>	>21 touches	Consider sport-specific norms
<b>One-Arm Hop Test</b>	Within 10% of contralateral side	Consider sport-specific norms
<b>Psychological Readiness</b>	TSK – 11 < 19	TSK – 11 < 19
<b>SANE Score</b>		>92.5%
<b>Completion of graded sport-specific progression without pain or compensation</b> (i.e. throwing progression, hitting progression & performing sport-specific maneuvers)	Pain free	Pain free
<b>Ball Drop Test</b>		>110% on the dominant extremity
<b>Wall Throws 90/90 Test</b>		>112% on the dominant extremity

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