

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 & Pain free	Normal Joint Range of Motion & Pain free
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">Upper Quarter	<ul style="list-style-type: none">Symmetrical in all reach directions: less than 4cm asymmetryComposite Score above injury risk threshold for peers	No asymmetry – Composite score optimal
U/E & Trunk Endurance	Prone Bridge (60 seconds); lateral trunk endurance test (30 seconds)	Prone Bridge (60 seconds); lateral trunk endurance test (30 seconds)
Strength	Handheld dynamometry strength and grip strength within 10% of contralateral side	<ul style="list-style-type: none">Handheld dynamometry strength and grip strength within 5% of contralateral sideOverhead grip stronger than at side
Isokinetic Strength Testing	Limb Symmetry >90%	<ul style="list-style-type: none">Limb Symmetry >90%Unilateral ER/IR strength ratio 66% and closer to 75% for overhead athletes
Consider Sport-Specific ROM Risk Factors		<ul style="list-style-type: none">Pitchers: Less than 5° loss/asymmetry in shoulder flexion, external rotation, and total arcGlenohumeral IR Deficit (GIRD): <15°
Seated Medicine Ball Throw		Consider Sport specific norms
Seated Unilateral Medicine Ball Shot Put Test	Within 10% of contralateral side	Within 5% of contralateral side

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Closed Kinetic Chain U/E Stability Test	>21 touches	Consider sport-specific norms
Psychological Readiness	TSK – 11 < 19	TSK – 11 < 19
SANE Score		>92.5%
Completion of graded sport-specific progression without pain or compensation (i.e. throwing progression, hitting progression & performing sport-specific maneuvers)	Pain free	Pain free
Ball Drop Test		>110% on the dominant extremity
Wall Throws 90/90 Test		>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.