

**Return to Sport/Activity & Discharge Criteria – Lower Extremity**

**INSTRUCTIONS:**

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

	<b>Return to Sport (with increased risk of injury)</b>	<b>Return to Sport (Normal Risk of Injury) AND/OR Discharge Criteria</b>
<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>Functional Movement Screen</b>	No 0's(pain) or 1's	No 0's(pain) or 1's
<b>Y balance test</b> - Lower Quarter - Upper Quarter	Symmetrical in all reach directions  Composite Score above injury risk threshold for peers  Dorsiflexion => 40 degrees and within 5 degrees side to side	No asymmetry – Composite score optimal
<b>Hop Testing:</b> - Single - Triple - Triple crossover - Hop & Stop	90% Limb Symmetry	95-97% Limb Symmetry
<b>Strength</b> - Manual testing - Optional: Isokinetic testing (Biodex strength test-Out of town)	Limb Symmetry 90%	Limb Symmetry 95% Normal Hamstring/Quadriceps Ratios Normal knee extensor torque-body weight ratio
<b>Tuck Jump Assessment</b>	Normal	Normal
<b>Drop Jump (Bilateral &amp; Unilateral)</b>	Normal	Normal
<b>Psychological Readiness</b>	TSK – 11 < 19	TSK – 11 < 19
<b>SANE Score</b>		>92.5%
<b>Completion of graded sport/activity specific progression without pain or compensation (e.g. running, deceleration control in all 3 planes, cutting, &amp; performing sport/activity specific maneuvers)</b>	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.