

Return to Sport/Activity & Discharge Criteria – Upper Extremity

INSTRUCTIONS:

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

Desired Activity Level:	Return to Sport (with increased risk of injury)	Return to Sport (Normal Risk of Injury) AND/OR Discharge 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 - Upper Quarter	Symmetrical in all reach directions: less than 4cm asymmetry. Composite Score above injury risk threshold for peers	No asymmetry – Composite score optimal
UE/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	Handheld dynamometry strength and grip strength within 5% of contralateral side Overhead grip stronger than at side
Isokinetic Strength Testing	Limb Symmetry >90%	Limb Symmetry >90% Unilateral ER/IR strength ratio 66% and closer to 75% for overhead athletes
Consider sport specific ROM risk factors		Pitchers: Less than 5 Degree loss/asymmetry in shoulder flexion, external rotation, and total arc Glenohumeral IR Deficit (GIRD): <15 degrees
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
Closed Kinetic Chain Upper Extremity Stability Test	>21 touches	Consider sport specific norms
Psychological Readiness	TSK – 11 < 19	TSK – 11 < 19
SANE Score		>92.5%
Completion of graded sport/activity specific progression without pain or compensation (e.g throwing progression, hitting progression, & performing sport/activity 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.

Ball drop test:

>110 % on the dominant extremity

Wall Throws 90/90 test:

>112% on the dominant extremity

- **These two are specific for overhead athlete Upper extremity strength, stability and endurance.**