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ACL Return to Sport Functional Tests

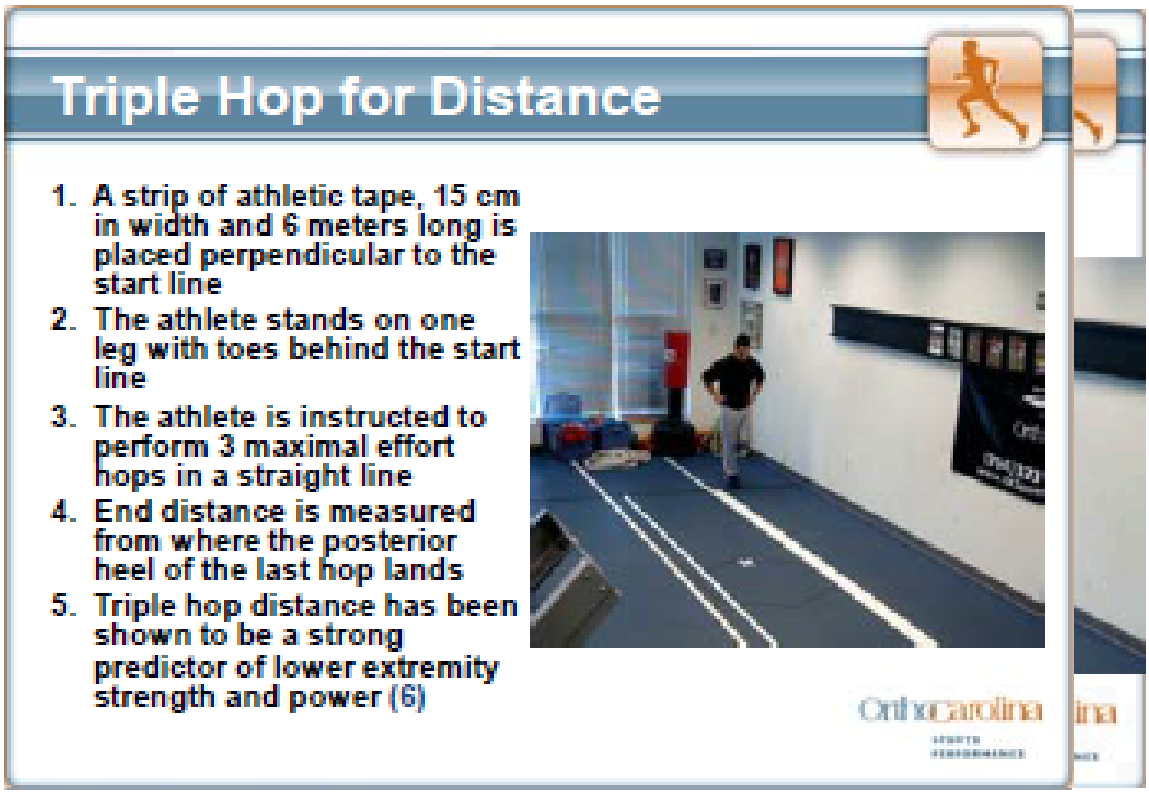
- **Entrance Criteria:**
  - Pt must be at minimum 6 months postop in order to attempt return to function testing if patellar tendon autograft is used
  - Pt must be at minimum 6 months postop in order to attempt return to function testing if hamstring or quadriceps tendon autograft is used
  - Pt must be at minimum 9 months postop in order to attempt return to function testing if hamstring tendon allograft is used

- **Testing:** Pt must pass all below tests before return to sport is allowed

  - **Strength (1):**
    1. Quadriceps strength >85% of contralateral side

  - **Hop Tests (4):**
    -Pt is considered to pass each test once Limb Symmetry Index (LSI) is >85 %.
    1. **Single leg hop for distance**
    2. **Timed hop**
    3. **Triple hop for distance**
    4. **Cross-over hop for distance**

- **Limb Symmetry Index (LSI) calculation:**
  - **LSI for single, triple, & crossover hop:**
    1. **(mean distance for the involved limb/mean distance for the uninvolved limb) x100**
  - **LSI for timed hop:**
    1. **(mean time for the involved limb/mean time for the uninvolved limb) x100**


Triple Hop for Distance
1. A strip of athletic tape, 15 cm in width and 6 meters long is placed perpendicular to the start line
2. The athlete stands on one leg with toes behind the start line
3. The athlete is instructed to perform 3 maximal effort hops in a straight line
4. End distance is measured from where the posterior heel of the last hop lands
5. Triple hop distance has been shown to be a strong predictor of lower extremity strength and power (6)

Timed Hop

1. 6 meter distance is marked off using athletic tape
2. Athlete stands on one leg with toes on the starting line
3. The athlete is instructed to perform repeated, forceful single leg hops across the finish line. These should be done as quickly as possible, while maintaining proper form
4. The test ends once the back of the heel crosses the finish line, and time is measured to the nearest 1/100 of a second

