

Functional Progression to Sport After ACL Surgery

	Test	Need	Instructions
1	Walk		Normal gait.
2	Bilateral Heel Raise		No hand hold assist, lift both heels, 10 reps.
3	Bilateral Toe Raise		No hand hold assist, lift both toe regions, 10 reps.
4	Stand Squat		No hand hold assist, don't allow valgus, cue/demo to improve form, 10 reps.
5	Single Leg Heel Raise		Same as 2 , one-leg, no hand assist, keep balance, 10 reps.
6	Single Leg Toe Raise		Same as 3 , one-leg, no hand assist, keep balance, 10 reps.
7	Single Leg Squat		Same as 4 , one-leg, no hand assist, keep balance, 10 reps.
8	Tuck Jump		Stand on both feet, shoulder width apart. Tuck knees to get thighs parallel to floor. Land soft (balls of feet), no valgus. Repeat with cueing, if necessary.
9	Single leg hop 6" above reach	Tape 6" above overhead reach	Measure six inches above standing bilateral reach on wall, mark with tape. Start and maintain on one leg throughout. Jump, touch line with both hands. Repeat 10 reps without pausing at the bottom of the jump.
10	One Mile Jog		On treadmill, walk three minutes first at 2.5 to 3.0 MPH . Patient chooses comfortable hard pace; watch form (use Dartfish if available).
11	0.1 Mile Run		Same as 10 , walk three to five minutes after one mile run, get up to speed and hold for 0.1 mile .
12	Shuttle Run Forward	Tape at 15' and 30'	Put tape down as starting point. Measure and mark 15 feet and 30 feet. Use stopwatch to record time from first movement to finish.
		Stopwatch	Start facing windows, face this direction at ALL turns. Must touch ground at all turns. Run, touch ground 15 feet (facing pond), return to start, repeat to 30 feet.
13	Shuttle Run Forward/ Backward	Tape at 15' and 30'	Same as 12 , but transition to running backward after touching ground to return to start.
		Stopwatch	Use stopwatch to record time from first movement to finish.
14	Broad Jump (Inches)	Tape Measure	Start toes just behind line. Static at star. Stick landing. Record in inches, tape line to most back heel.

	Test	Need	Instructions
15	One Leg Broad Jump (Inches)	Tape Measure	Same as 14. Must start and end on one leg. Must stick landing, no double hop. Measure line to heel. Needs 90 percent of uninjured to pass.
16	One Leg 18' Hop Test for Time (Seconds)	Tape at 18'	Mark off a tape line 18 feet away from start line. Start on one leg behind tape line.
		Stopwatch	Quickly hop from one line through the other. Stay on one foot whole time. Start time on first movement. Record in seconds. Must achieve 90 percent of uninjured side.
17	One Leg Triple Hop Test (Inches)	Tape Measure	Same as 15. Perform three consecutive jumps without pause between jumps. Other foot must not touch until after landing is stuck. Measure distance in inches, line to heel. Ninety percent of uninjured to pass.
18	One Leg Crossover Triple Hop Test (Inches)	Tape Measure	Same as 17, but include a longitudinal tape line.
		Longitudinal Tape Line	Patient must start on one side and each consecutive jump (ie: fFor right foot: Start on right side of line, jump to left of line, then right, end on left side). Measure along longitudinal line from start line to heel at landing in inches. Ninety percent of uninjured to pass.

* *Sport-specific movements: Perform positions/activities specific to sport for the individual (ie., catcher needs to be able to maintain squat and go to knees).*